



Feelings Tic-Tac-Toe

Know and show your feelings with a game of tic-tac-toe. Put an "X" or an "O" on any box that says something you've done. Mark a box any time, and try to get three in a row. (Grown-ups can play, too!)

<p>Name a feeling you had today. What was happening when you felt it?</p>	<p>I had a big feeling and tried hugging it out.</p>	<p>I named a feeling someone else had today.</p>
<p>I talked to a grown-up about how I was feeling.</p>	<p>I took deep breaths when I had a big feeling.</p>	<p>Talk about a time when you felt really happy. How did you show it?</p>
<p>Talk about when you might feel frustrated. What can you do to help?</p>	<p>Act out what it's like to feel grouchy.</p>	<p>Act out what it's like to feel excited.</p>