



Mindful Tradition

# Name That Feeling

JUST BREATH AND TRY SOME OF THESE.

- One person picks and emotion and acts it out without talking.

- The other person or people guess the emotion. When the correct answer is said then everyone can share a time they felt that way.

- Each person can take a turn acting out a feeling and you can play as long as you want.

- When you are done continue on your day knowing that you are able to identify emotions in yourself and others. .

