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Feelings In A Jar®



Synopsis

Everyone needs to know how to name and express feelings. Each jar holds 365 little slips printed with feelings words like "gleeful, insecure, grateful, angry, cranky, courageous, hopeful, and many more. Pull a slip and act out the feeling, or invite someone else to act it out. Use as discussion starters, journaling prompts, or icebreakers for groups. Ages 8 & up, 365 slips, 3" recyclable plastic screwtop jar.

Book Information

Series: In a Jar™

Cards

Publisher: Free Spirit Publishing; Cards edition (November 15, 2008)

Language: English

ISBN-10: 1575429136

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Product Dimensions: 3.5 x 3.5 x 3.5 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars See all reviews (85 customer reviews)

Best Sellers Rank: #4,206 in Books (See Top 100 in Books) #5 in Books > Children's Books > Activities, Crafts & Games > Games > Card Games #287 in Books > Parenting & Relationships

Age Range: 8 and up

Grade Level: 3 and up

Customer Reviews

Ok I have teenager with Asperger's, high functioning Autism, that is why I got it. Social skills product but let me be honest, I started using it because I can be an Irish hot head. This is a rockin' product! Also use it with family and wow the power of opening up is amazing. Only bummer is when your kids turn around and use it on you, respectfully of course, this house isn't one of those "I'm OK You are OK" houses. There is a line drawn where children respect adults....that is how it is until 18 because the world is that way but they calmly discuss feelings and facilitate us to use our words.....Amazing....

The game is good; the words are not for elementary students. I had to choose words for the session because some were higher level or for adults.

I have a teenage son who has PDD, nos, and Schizophrenia. This item has helped tremendously in teaching my son to have a conversation.

I have found many ways to use this in a clinical setting. We have used it in a group setting as an ice-breaker. I have also used it with clients to initiate discussions about feelings which usually leads to more detailed interactions about troublesome feelings.

I am a psychotherapist and I use this with both kids and adults. It is very useful in helping to identify emotions and everyone really enjoys it.

This is a straightforward product- a plastic jar filled with cards, each card with a different emotion on it. I use it with my 4 and 7 year old to help with reading comprehension. We form two teams (one parent one child) and select a card to act out. The other team has to try to guess the emotion. While there are some simple emotions like happy, sad, angry, friendly, there are also emotions that don't come up in our daily conversations like aggression, despondent, apathetic, delighted, enlightened... when they pick an emotion they are unfamiliar with we try to find a quick youtube video on it. After each round, we each try to give an example of when we felt that emotion. It takes about 15 minutes in total and the girls are begging to pick and talk about just one more card. We have seen them put this knowledge to use right away, using the emotions to describe character feelings after reading bedtime stories.

Working with kids, teens and adults who have been through trauma, this is a wonderful product to use with Somatic Body Awareness!

I purchased this to utilize for my individual sessions with children. It is not really designed for younger children. It could possibly work better with adolescents or teens. Maybe...

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