

Kindness Charades

THE FORGETFUL FOCUS

Materials:

- Slips of paper.
- Pen or pencil.
- Bowl.

Directions:

1. On slips of paper, write simple emotions or feelings. Mix both positive and challenging emotions.

Examples:

- Positive: Happy, excited, grateful, calm, proud.
 - Challenging: Angry, frustrated, jealous, embarrassed, sad.
2. Put all of the emotions in a bowl. One person draws a slip of paper and acts out the emotion without using words. The rest of the family guesses the emotion and then answers: **Does this emotion help us grow in favor, or can it lead us into trouble if we are not careful?** If there is time, invite everyone to share a time they felt that emotion.
 3. Rotate roles until everyone has had a chance to play both parts.

