

Fishing for Feelings Game

Let's go fish for feelings! Cut out and fold your fishing hook and feelings fish. Find people to play with and follow the directions. Think of times you had mixed emotions to double your catch. Play again for different combos!

MIGHTIER™

Fishing for Feelings

Setup

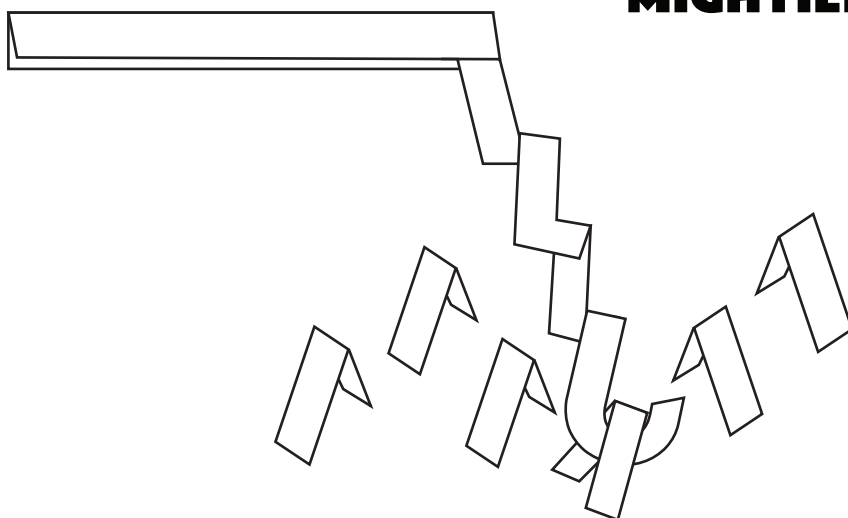
Place the fish upright in a 'pond'.

Directions

1. Take turns. On your turn, try to hook **two** fish from the pond.
2. Turn over the fish you hooked and read out their emotions.
3. To keep just **one** of the fish, share a time you felt its emotion, place the other fish back in the pond.

To keep **both** fish, share a time when you both felt emotions at once.

4. Take turns catching fish until they're all gone. The player with the most fish is the winner.



Fold on solid lines



Cut on dotted lines

Angry

Sad

Lonely

Proud

Surprised

Afraid

Tired

Relieved

Confused

Anxious

Curious

Hopeful

Excited

Happy