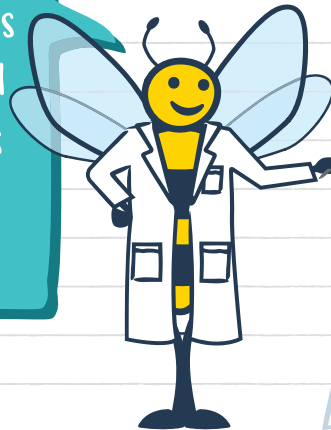


# FEELIT!

## LITE

Did you know research shows that if you can identify and name your feelings, it helps you to process them better and feel calmer.



HAPPY  
SAD  
ANNOYED  
SURPRISED  
Relaxed  
EXCITED

### "WHAT AM I FEELING?"

Some feelings are easy to recognise, when we're happy we smile, we laugh, we feel **SUPER-RELAXED** or **EXCITED**. It takes loads of practice to understand and tune in to our feelings and work out what they are.

We can have so many feelings and emotions in just one day.  
**FEELIT LITE WILL HELP YOU...**

★ Understand and talk about the differences between feelings.

★ Be able to better share your feelings as a family.



If you enjoy playing FEELIT Lite, check out its big brother, our FEELIT card game.

Go to [happyconfident.com/feelit](http://happyconfident.com/feelit) or point a phone or tablet camera at this box to find out more.



Available now  
at £42.99 on  
our website.

 **HappyConfident.com**  
The Happy Confident Company

# FEELIT!

## LITE

### HOW TO PLAY

Cut out your feelings cards (to make them more solid try gluing the sheet on to and opened out cereal box, old packaging from deliveries etc)

#### Game 1: GUESS IT

- ★ Put all the cards face down in a pile.
- ★ When it's your turn, pick up a card and look at the feeling.
- ★ Either read the definition on the card, or give them clues to guess the feeling.  
For example by saying "I feel this when..."
- ★ Whoever guesses correctly gets to keep the card.
- ★ The winner has the most cards at the end.
- ★ This game can be played in teams.

#### Game 2: ACT IT

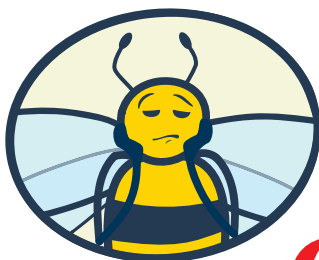
- ★ Put all the cards face down in a pile.
- ★ When it's your turn, pick up a card and look at the feeling.
- ★ Act out the emotion, without using words.
- ★ Whoever guesses the feeling gets to keep your card.
- ★ The winner has the most cards at the end.
- ★ This game can be played in teams.



**ANNOYED**



**BORED**



**SURPRISED**





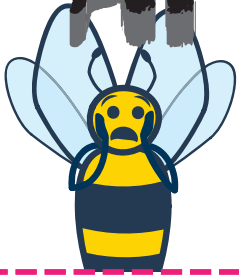
**ANGRY**



**DISAPPOINTED**



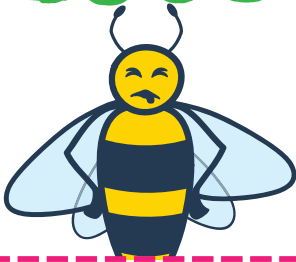
**AFRAID**



**OVERWHELMED**



**DISGUSTED**



**EMBARRASSED**





LEARN TO BE CONFIDENT, STRONGER, CALM & HAPPIER.

For more fun activities visit our website

[www.happyconfident.com](http://www.happyconfident.com)



We create and develop tools to bring parents and children together to support the joint learning of essential life skills, creating a harmonious family dynamic, reducing conflict, and resulting in happier, more confident families.