

Feelings blocks – some suggested uses:

1. Find the 'title' blocks by identifying those with a black dot on the ends.

Pick one of the feelings on each title block and then try and find 6 more feeling words in the same 'group'. Place the 'related' feelings in a group with the title feeling.

Is there a 'continuum' of these related feelings? (less intense/ severe to more intense/ severe). Can you put them in an order?

Repeat with new 'title' feelings – turn the title block over to reveal another (there are 12 'groups' in total).

2. Pick a colour and find feelings words written in that colour. Take turns to describe the meaning of each feeling word.

Can you make a sentence using the feeling word?

Can you make a long sentence using several (4 or 5 perhaps) of the feelings words written in the same colour?

3. First player picks a block, describes one of the feelings words on it (without saying the word) so other player(s) can guess what the word is. When a successful guess happens the player places the block on the table. Next player chooses another block and repeats the process and places their block on table next to first block. 3rd block placed after feelings word described and guessed, then continue the game, taking turns, building a tower (3 blocks not necessarily placed in each layer, could be just 2!). If someone wants to remove a block from a layer to continue building upwards they can do so and will need to describe the top feeling word exposed as the brick is removed.
4. Can you make a feelings alphabet out of the blocks? There are not enough blocks – see if you can fill in the blanks with feelings words of your own (there are 7 missing letters).
5. Have a game of 'Feeling Charades' where players guess a mime of a feeling word from a block picked at random from a bag.

Instructions for making a set of 'Jenga' feelings blocks

- 21 Jenga blocks required for one set
- 3 blocks need a black dot on each end. Each broad side has a feeling word on it as does each narrow side. Colour coded as shown below (& see photo).

Block 1: black dot on each end.

Broad sides: Calm (green) & Abandoned (red). Narrow sides: Jumpy (blue) & Excited (purple).

Block 2: black dot on each end.

Broad sides: Disgusted (red) & Worried (purple). Narrow sides: Shy (blue) & Shocked (green).

Block 3: black dot on each end.

Broad sides: Happy (green) & Angry (blue). Narrow sides: Sad (orange) & Scared (purple)

Block 4:

Broad sides: Demoralised (orange) & Unsure (red). Narrow sides: Stunned (pink) & Appalled (blue).

Block 5:

Broad sides: Startled (pink) & Repulsed (blue). Narrow sides: Anxious (green) & Bashful (black).

Block 6:

Broad sides: Composed (purple) & Tense (blue). Narrow sides: Motivated (orange) & Lonely (blue).

Block 7:

Broad sides: Irritated (green) & Cheerful (black). Narrow sides: Unhappy (red) & Fearful (purple).

Block 8:

Broad sides: Deserted (black) & Unruffled (pink). Narrow sides: Energised (green) & Headache (blue).

Block 9:

Broad sides: Animated (pink) & Heart racing (red). Narrow sides: Tranquil (blue) & Excluded (green).

Block 10:

Broad sides: Overwhelmed (green) & Nauseated (red). Narrow sides: Awkward (purple) & Dazed (blue).

Block 11:

Broad sides: Upset (orange) & Joyful (pink). Narrow sides: Mad (purple) & Frightened (blue).

Block 12:

Broad sides: Panicky (purple) & Timid (blue). Narrow sides: Revolted (pink) & Hopeless (green).

Block 13:

Broad sides: Fuming (purple) & Heartbroken (red). Narrow sides: Satisfied (green) & Petrified (black).

Block 14:

Broad sides: Composed (purple) & Thrilled (orange). Narrow sides: Hurt (green) & Shaky (pink).

Block 15:

Broad sides: Peaceful (black) & Eager (green). Narrow sides: Prickly (purple) & Unloved (red).

Block 16:

Broad sides: Wretched (purple) & Helpless (black). Narrow sides: Contented (pink) & Annoyed (blue).

Block 17:

Broad sides: Terrified (black) & Frustrated (pink). Narrow sides: Playful (green) & Distressed (blue).

Block 18:

Broad sides: Agitated (pink) & Rejected (blue). Narrow sides: Patient (green) & Hot (orange).

Block 19:

Broad sides: Hesitant (pink) & Repelled (purple). Narrow sides: Puzzled (black) & Traumatized (red).

Block 20:

Broad sides: Furious (blue) & Miserable (pink). Narrow sides: Delighted (green) & Horrified (orange).

Block 21:

Broad sides: Sickened (purple) & Insecure (red). Narrow sides: Bewildered (black) & Surprised (green).

