

Printable Activity Sheets

Accompanies Board Games and SEL blog



Heads Up Cards

Happy

Excited

Hopeful

Scared

Sad

Worried

Jealous

Angry

Frustrated

Anxious



Jenga SEL Questions

1. What makes you feel happy?
2. What makes you feel scared?
3. When was the last time you were nervous or worried?
4. Share three things that make you feel frustrated.
5. Share a time when you felt an uncomfortable feeling.
6. Give another player a compliment.
7. Give yourself a compliment
8. Share three things that you love.
9. What do you do to calm down when you are angry/upset?

1. What makes you feel sad?
2. What makes you feel loved?
3. When was the last time you were angry?
4. Share three things that make you feel excited.
5. Share a time when you felt a comfortable feeling.
6. Explain a problem you had and how you solved it.
7. Give every player a compliment.
8. Share three things that make you feel stressed.
9. What do you do relax and feel calm?