



# FLOW OF FEELINGS

## INSTRUCTIONS:

1. Decide who is the speaker and who is the listener
2. Speaker picks a topic
3. Speaker shares how they feel about the topic using the 8 feelings below (in order)
4. Listener listens without interrupting
5. When speaker finishes, listener does the 3 steps on card 2

## SHARING:

I FEEL MAD

I FEEL SAD

I FEEL SCARED

I FEEL GUILT OR REGRET

I FEEL HAPPY

I FEEL GRATEFUL

I FEEL SECURE

I FEEL PROUD

*Developed by Laurel Mellin*





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RESPONDING:

APPRECIATION

"WHEN YOU SHARED, I FELT..."

"THE GIFT OF YOUR SHARING WAS..."  
OR  
"WHAT I LEARNED WAS..."

