

FEEL
1

How many emotions
can you name
in 30 seconds

NECT

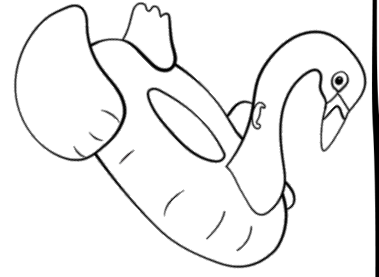
8

Find an emotion
that you and
your friend
both felt
today

2

INGS

Pull a face and see if
your friend can
guess the
emotion



FEEL

3

Get your friend to name
an emotion, come
up with a situation
which might
make you
feel that
way

Find something that
is the same
between you
and your
friend

2

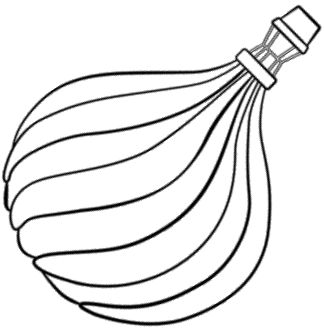
CON

Name a few
people who
make you
smile

Name one or two
people who
you can go to
when
things are
difficult
Feel that
way
do when you
come up with
something you
name an emotion,
Get your friend to

4

INGS

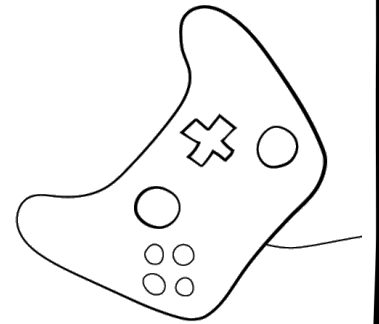


NECT

6

5

CON



Cut



Fold first - toward back



Fold second - toward front



Fold third - toward front



Fold last - create finger gaps