**At-Home Exercise Example from Family Minds Intervention**

Fishing for Feelings (ages 4+)

This game involves using a feelings chart or feelings cards. Choose a time in the evening where you and your child can interact in a relaxed manner: after school, before dinner etc.

* Introduce game by saying we are going to guess at least 2 different feelings (younger children might start with 1) each other might have had today, and then explain how you came up with the emotion.
* Use feelings charts or cards to pick the emotion.
* The other person will either confirm or deny and explain if needed.

*Examples:*

Parent: “Ok my turn! Hmmm – I think you felt frustrated today because you seem to have an irritated look on your face. I am wondering what happened at school today and what thoughts you might be having? I am also thinking you might have felt happy today at some point because I made your favorite lunch!”

Let the child talk and just reinforce your concern and curiosity about their emotions and mind. If child doesn’t respond – you might say something like “well, I can only really wonder and guess then as I don’t really know what you are thinking or feeling unless you tell or show me. But I am SO curious and interested!”

Next, ask the child to guess what feelings you might have had today (point to feeling on chart or choose a card) and if they have a “reason” for why they think this. Make sure to tell them what emotions you did have today and why “well, I was frustrated today because my boss gave me some work that I don’t really like.”

\*\* This game works well with teenagers too, just make it more mature; perhaps not use chart or cards unless they want too

**Family Minds Intervention Group Exercise**

Projective Picture Exercise



Instructions:

Write a brief story about this picture, about what is happening.

Include the thoughts, feelings and beliefs of the characters involved.