

Gefühlsmonster tips for parents who want to help children in their first steps with the Gefühlsmonster® cards



Do you want to support your children in learning to express their feelings? There is a saying that if you find your own words for your feelings then you can better handle your feelings. We came up with the idea of the Gefühlsmonster® cards to help you do just that, to make it easier to talk about feelings. If this is something that appeals to you, here are some tips on how to use them:

- Take a look at the cards and get to know them yourself.
- Are there any Gefühlsmonsters that you like and that do you good?
- Are there any Gefühlsmonsters that you do not like at all?
- Find a Gefühlsmonster ...

- ...for you, right now?
- ...for you, when you think of the children you want to work with?
- ...for other people you know?
- If you find a Gefühlsmonster that feels particularly pleasant to you, you can put it in a place where you can always look at it. Feelings are contagious – and a pleasant card can help to feel good.
- Play with the cards. Make up something, or try one of the games in this paper. Try the games for yourself before playing them with children.
- Start with the game you like best when you first play with the cards with children.
- Give children the opportunity to create games for themselves – children are very creative!

Games one-on-one

1. How are the Gefühlsmonsters?

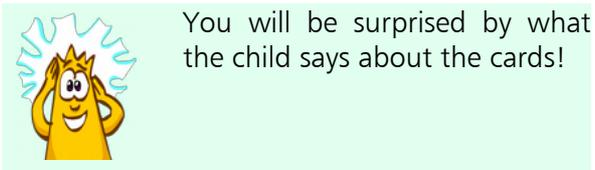
Some children enjoy playing alone with the Gefühlsmonster® cards. Perhaps they will tell stories while playing, perhaps not.

You can ask the following questions – select the one that you think is the most suitable.

1. *“Look, these are the Gefühlsmonsters. Choose a few and tell me what they are doing.” Or: “Tell me how the monsters are doing!”*
2. *“See if you find a card for your daddy, mummy, grandpa, grandma, brother, sister, for your teacher, coach, best*

friend” etc. realizing that this is a momentary picture of how the child perceives his/her relatives.

3. "Find a Gefühlsmonster for the school trip tomorrow, the visit to Grandpa, the swimming lessons" (choose something that is important to the child). Photos of particular situations are also a good choice to let the child assign a suitable Gefühlsmonster. When the child chooses a card, ask, "What does this card mean to you?".



Games for more than two people

2. Monster story together

*At least two players, the more the merrier.
Can be played sitting down.*

Everyone draws a card and keeps it hidden. One person starts by giving his monster an imaginary name and saying what it is doing right now. The next person says something about his card that fits the first "story" – and so on.

If you are just two players, you take turns in drawing a card from the stack and telling the story, no matter what card comes up.

An example: (Just as a suggestion – your own story will definitely be funnier!)

This is David, whose parents have just forbidden him to go to the promised pyjama party at Michael's house.



This is Andrew, who has just found out that David is not allowed to come to the party and is happy about it, because he thinks that David is a show-off who often annoys him.

This is Emily, who is secretly in love with David and is now very sad, because he cannot come.



This is Michael's mother, who is going to host the party. She finds David can be a real handful and is quite relieved that he isn't coming.

And this is David's grandma. She has just found out that David is visiting her at the weekend after all, because he is not allowed to go to the pyjama party...



(and so on...)

3. Emotions "the wrong way round"

Game for two and more – in motion. Very lively game. As soon as the cards are drawn there is usually laughter, because the cards often do not fit the situation.

The Gefühlsmonster® cards are laid out face down on the table.

Choose a situation, for example:

- going shopping
- going to the playground
- having a pet
- going swimming
- school trip
- museum

- birthday party
- visiting grandpa
- etc.

Everyone then takes a Gefühlsmonster® card and acts out the situation exactly like the monster.

1. At first, you can show your card to the others and then play.
2. If you know the Gefühlsmonsters quite well and you have a different set of cards or a poster to look at, the card is kept hidden and the situation is played with the appropriate expression. The other players can then guess which card might have been drawn.

And finally ...



For further information, please refer to our additional paper "First steps and extended information for parents". Or try searching our website for relevant key words such as "children" or "school" or whatever you might be particularly interested in.

We hope you enjoy working with the Gefühlsmonster® cards and have fun using them!

The Gefühlsmonster team