

## Gefühlsmonster® cards – First steps for children

Hello,

- Are you sometimes sad or annoyed and you don't know why?
- Do you want to understand your feelings better?

Then you are at the right place.

Maybe you got the Gefühlsmonster® cards from your parents or a teacher? So now you can find out how to play and work with them.

Look at the open spread of cards.

- Are there any Gefühlsmonsters® that you feel drawn to right away?



- Maybe you'll instantly have a memory of a certain experience you had?



Emotions—and depictions of emotions—are contagious. That's why the Gefühlsmonster® cards that attract your attention are connected to experiences in your life. Maybe they'll help you to understand yourself and others better.

Does this sound good? Then let's get started playing with the cards.

If you have any questions ask your parents or teachers for help.

### Step 1: To get to know all the cards

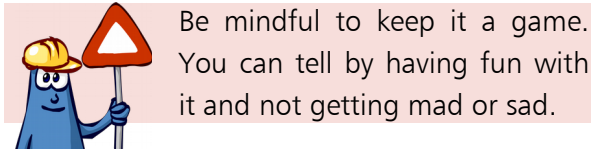


First you could sort the cards, maybe by color or likes and dislikes.

Or you can pick some cards that catch your attention (you notice this by your eyes feeling drawn to them).

You put them all in front of you and think about what message the monsters have for you. You could also let them talk to each

other, something that works really well with a good friend. That way you can play together with the cards.



Be mindful to keep it a game. You can tell by having fun with it and not getting mad or sad.

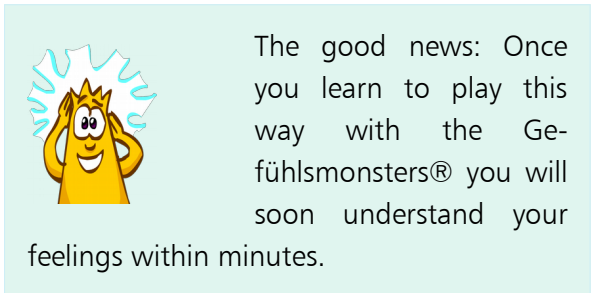
Emotions can sometimes be very

intense, very uncomfortable. In that case it's good to talk about it with someone whom you like and who understands you.

## Step 2: To understand a certain situation

Do you have some uninterrupted time? Do you feel good and want to

- prepare yourself for a certain situation that's coming up for you?
- understand an experience that you have had better?



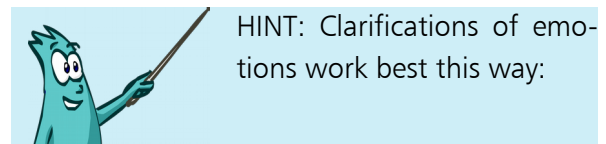
The good news: Once you learn to play this way with the Gefühlsmonsters® you will soon understand your feelings within minutes.

Well, what situation would you like to understand better? Start with something that's not too intense, where you are not scared or mad. While still learning, stress-free, more common situations work best.

Here are a few examples:

- How is it working out with the new coach?
- Why don't I want to go visit Grandma this time?
- How am I feeling about being accepted to the conservatory?
- How am I feeling about my new

sport's team?



HINT: Clarifications of emotions work best this way:

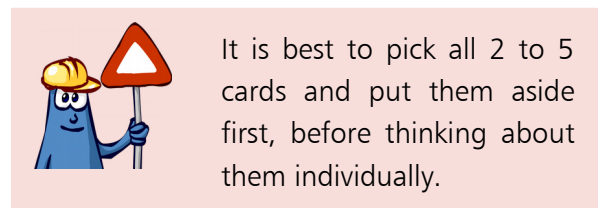
1. You recall the person or experience that you want to work on. For example:

*"How do I feel when I think about my new coach?"*

2. Then you let your eyes wander over the open spread of cards in a very relaxed way, while thinking of your coach (or your own example).

3. Every time your eyes get caught on a card pick it up and put it aside.

4. Do this until you have gone over all the cards.



It is best to pick all 2 to 5 cards and put them aside first, before thinking about them individually.

5. Now you are studying the cards you have put aside one after the other.

It's possible that even while you are looking at the chosen Gefühlsmonster® you realize "Oh, that's what's going on!" and you understand your feelings for this situation better already.

6. You may also ask yourself with each card:

*"What does this card mean for me?"*

If you are lucky you will understand yourself a little better after this exercise.

And once you have more practice you can pick a situation you want to understand better that is a little more challenging.



HINT: If you feel uneasy about the card you are looking at, close the exercise with the question:

*"Which card would feel good right now?",*  
or

*"What would I like to feel right now?"*

If you then prop this card up by your bedside or on your desk the monster can help you feel the way you want to feel.

For example, some children take this monster to school with them to feel brave during their math test.



Pick a monster that makes you feel good!

### Step 3: Game "MAKING UP STORIES"

This game can also be played by yourself, but it's more fun with one or more friends.

- The Gefühlsmonster® cards are in a closed spread in front of you so you can't see the pictures, only the circle on the back.
- You now take turns with the other player(s), pulling one card, making up a name for that monster and inventing a story about what it might have just experienced.

#### Example (Game A):



This is Tom who arrived in school just in time before the teacher started class.

This is Max who would have loved to sleep in today.



And this is Nina who is thrilled with the good grade she just got on her paper.

.....

Once you have some practice you can connect your tales with each other to make up one big story.



Rule: You have to use the card you pulled even if it doesn't seem to fit.

Always pick imaginary names, not names of class mates or your friends, otherwise the fun might quickly turn into nasty play.

#### Example (Game B):



This is Paul who just found out that he didn't get permission to go on the overnight field trip.

This is the teacher who has reprimanded Paul often and now says "Enough is enough!"



This is Oliver, Paul's best friend, who is sad that Paul isn't allowed to come.

This is Paul's dad who decided to spend some extra time with Paul to find out what is bothering his son.



This is Tom who likes Oliver and is happy about the chance to spend more time with him on the field trip.

And so on...

## Step 4: Game "EMOTIONS REVERSED"

In closing here is one more game that's lots of fun because everyone gets a part in a play.

The Gefühlsmonster® cards are in a closed spread in front of you so you can't see the pictures, only the circle on the back.

- Pick certain situations from your life like
  - going to the playground
  - inviting a friend for your birthday party
  - befriending a new kid at school
  - going to the dentist
  - reciting a poem
  - visiting your grandparents
  - having a sleepover
  - and so on. Think of what you want to use.

Now one of you begins by pulling one card, keeping it a secret from the other players, but acting out the behavior of the Gefühlsmonster® on the card so it fits the story.

### And finally ...

We hope you'll have lots of fun with the Gefühlsmonster® cards.

If you have any questions or concerns don't hesitate to ask an adult whom you trust for help. And if you'd like to learn more there will be another paper entitled "Interpretation for Children".

Did you know that it was a 13 year old boy who drew the Gefühlsmonsters®? Maybe

This is especially funny when the shown emotion doesn't really fit the story, like being in love while going to the dentist or being mad at the sleepover party... But don't cheat, the card you pulled is the card you'll act out and you'll have fun being creative with it.



The other players will have to guess which Gefühlsmonster® is on your card.

Then the next player has a turn and acts out their monster's reaction to the story line and the other players guess the card, until you finish the round.

You'll notice that as soon as the cards get pulled you'll burst into laughter, since usually the cards are not a good match to the story.

you'd like to draw some yourself?

We would love to receive your drawings or have you tell us about your experiences with the Gefühlsmonsters®. If you would like that write to us at

[info@gefuehlsmonster.de](mailto:info@gefuehlsmonster.de).

Best wishes with lots of fun from us at the Gefühlsmonster® team