

# THE GEFÜHLSMONSTER – FAMILY SET FOR SPECIAL TIMES

## CHILDREN

Hello there!

- Do you miss seeing your friends in person?
- Do you have to keep your distance to others now?
- Do you fight more at home?
- Are you sometimes sad or angry?
- Or are you happy not to go to school?
- Are your parents stressed out?
- How do you feel?

You might find Gefühlsmonster® cards helpful. Get acquainted with them, play with them and see how you and others are doing. You can also talk about how everyone in your family is feeling, using the Gefühlsmonsters to help you.

Here are all the Gefühlsmonsters at a glance:



- Are there any Gefühlsmonsters that you spontaneously like?
- Can you perhaps think straight away of a situation that you've experienced?

Feelings – even images of feelings – are contagious. That's why the Gefühlsmonster® cards that attract your gaze have something to do with things from your life. They can help you understand yourself and others better.

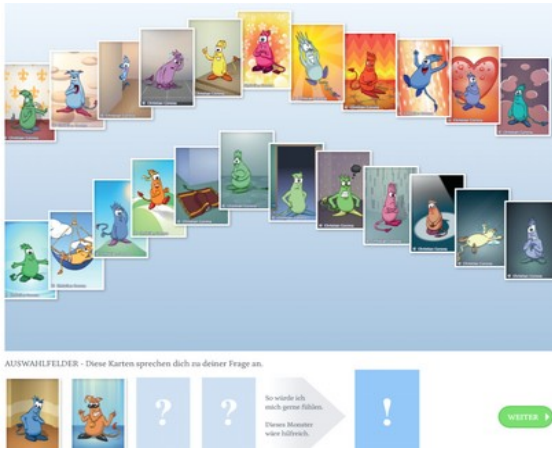
Do you feel like more? The best way to start is simply by playing with the cards. On the next few pages, we'll give you some ideas on how you can do that.



Ronja (9 years old) has already tried the cards a few times. She will accompany you and tell you about her experiences from time to time.

If you have questions, go to your parents, teachers or another adult so that they can help you.


# 1 GET TO KNOW THE GEFÜHLSMONSTER® CARDS



First you can sort the cards. Maybe by their colors, or by which you like best and which not so much.

Or you could pick out some cards that you feel drawn to, that attract your gaze.

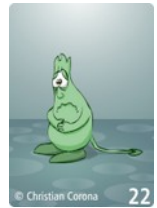
You put them all together and think about what those monsters are saying. You can also let them talk to each other, that works best with a friend (or maybe your brother or your sister join in or your Mom or your Dad).



Make sure that it stays a game. You can tell by the fact that you are having fun and not getting angry or sad for real.

Feelings can sometimes be quite intense, quite unpleasant. Then it's better to talk about them with someone you like and who understands you.

**Ronja:** *"In the evening I took the cards out of my little box and then I looked how I was feeling today. Then I put them down. There were at most seven or eight cards. Once I had card 18. For me it means fun. Because he runs and looks very happy. Once I also had card 22 because I felt sick for a moment.*



*Then I mainly had card 17, which for me means that they had a fight and now he wants to make up again."*

## 2 GAME: "MAKING UP STORIES"

You can play this game on your own, but it's even more fun to play with others.

- The Gefühlsmonster® cards are spread out on the table or floor, so you can't see the pictures, just the circle on the back.
- You take it in turns to select a card with one or more other players, think of a name for the Gefühlsmonster drawn, and say what that monster might have just experienced. Always take turns.

### Game A – Example:



This is Tom, who would have liked to sleep longer today and doesn't want to have breakfast yet.

This is Julie, who has finally finished getting dressed and is now joining the others, who are already ready for the outing.



And this is Nina, who has just won the game and is happy about it.



Rule: the card you have drawn must be used, whether it "fits" or not.

Be sure to choose fantasy names. None from your own family or class, and certainly not from the other players – otherwise the game may not be fun anymore.

If you feel like it, you can also make up a coherent story with your fellow players.

### Game B (coherent story) – Example:



That's Paul, who's just found out he's not allowed at the playground.



That's Paul's mum, who's often had to admonish Paul lately and says "That's it!"



This is Pete, Paul's best friend. He's so sad that he can't play with Paul right now.

That's Paul's dad who is just thinking about proposing to Paul that instead they could take a bike ride together and have an ice cream.



This is the ice-cream shop owner, who is happy when many children and parents eat his delicious ice cream.

And so on and so forth...

### 3 PLAY-ACTING GAME – “FEELINGS THE OTHER WAY ROUND”

This game is fun for children and adults alike, because you can play-act yourself.

The Gefühlsmonster® cards are spread out on the table so that you can't see the pictures, only the circle on the back.

You choose situations, such as

- Finally being allowed to go to the playground again
- Inviting a child for a birthday
- Meeting the teacher
- Going to to the dentist
- Reciting a poem
- Calling grandpa
- Seeing your best friend again after a long time
- Going to a slumber party
- ...and so on. Think of your own situations that you want to play!

As an example, let's assume you choose the situation "Seeing your best friend again after a

long time".

Now one of you starts, draws a card and keeps it face down. She then plays the reunion in the mood of the Gefühlsmonster on her card.



This is especially funny if the feeling doesn't fit the situation, like seeing your best friend angrily again, or going to the dentist in love. But don't cheat: you must act out the card you have

drawn!

Let the other players guess which monster could be on the card.



Then switch. The next person draws a card and plays the situation the way the monster feels, the other players guess, and so on ...

You'll see that as soon as the Gefühlsmonsters are drawn, the laughter begins, because the cards usually don't fit the situation...!

If you've had fun, you can then select another situation, draw another Gefühlsmonster and play the newly selected situation. Have fun!

### 4 GAME: MEMORY

For this game, you need the two sets of Gefühlsmonster® cards. Because two times 25 cards is a bit much for a memory game (unless you want to make it really hard), you could consider choosing your 10 favorite cards (the same ones from both sets, of course, so you have pairs).

Then shuffle them and arrange them face

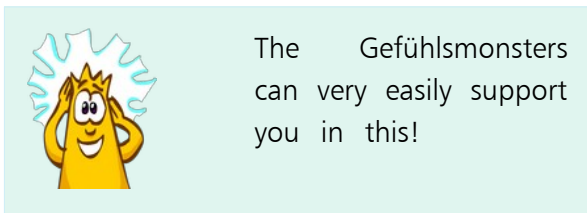
down on the table or on the floor in a square.

Then it starts: Whoever starts may reveal 2 cards. If it's a pair, the player may place them in a pile in front of him. If they are two different cards, they are put back face down on the table and the next one is up. Whoever has the most pairs at the end wins.

## 5 EXERCISE: FINDING CLARITY FOR A SPECIFIC SITUATION

Do you often think about a certain situation or another person? Perhaps you might like to learn more about it with the help of the Gefühlsmonsters. Would you like to

- prepare for an upcoming situation, or
- understand a situation better that has already happened?



Which situation would you like to know more about? Here are a few examples from us (in case you can't think of anything immediately):

- How do I feel about school being canceled for so long?
- Why does my brother sometimes go on my nerves?
- How do I find it when I have to go to bed but do not want to yet?
- How does it feel when I have to keep two meters distance to other children?
- How am I doing with my mom or dad today?

Clarification works best this way:

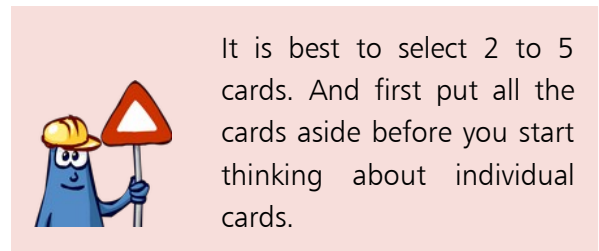
1. You think about the person or situation you want to clarify. For example:

*"How do I find it when I have to go to bed but do not want to yet?"*

2. Then you let your eyes wander over the cards, completely relaxed, while you think about having to go to bed (or your own example!).

3. Whenever your eyes get stuck on a card, you pick up that card and put it aside.

4. You do this until you have looked at all the cards.



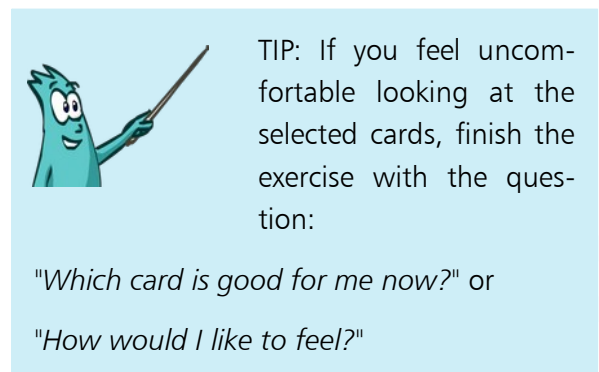
5. Now you look at the cards you put aside one after the other.

It may well be that just by looking at the chosen Gefühlsmonsters you think *"Ah, that's how it is!"* - and you understand a little better what your feelings are in this situation.

6. You can then also ask yourself for every card:

*„What does this card mean for me?“*

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



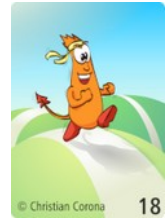
If you then place this card by your bed or on your desk, this Gefühlsmonster can help you feel the way you want to feel.

For example, some kids put this monster on their desk to put them in a good mood. And when you can go back to school, you can take this or another one you like with you to encourage you when you do math or spelling.



Pick a monster that you feel good with!

*Ronja: "Once, when we wrote a math test, I took card 18 with me. And whenever I couldn't solve a problem quickly I looked at it and then I felt better and continued."*



## 6) LAST BUT NOT LEAST ...

We wish you much joy with the Gefühlsmonsters!

If you have any questions, please do not hesitate to contact an adult you trust. Your parents have also received instructions just like these. They can certainly answer your questions.

Did you know that a 13-year-old boy drew the Gefühlsmonsters? Maybe you enjoy drawing them yourself?

We are especially happy if you send us your own drawings or tell us about your experiences. Please write to us, if you like, at

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

All the best for you in these special times,  
the Gefühlsmonster Team