

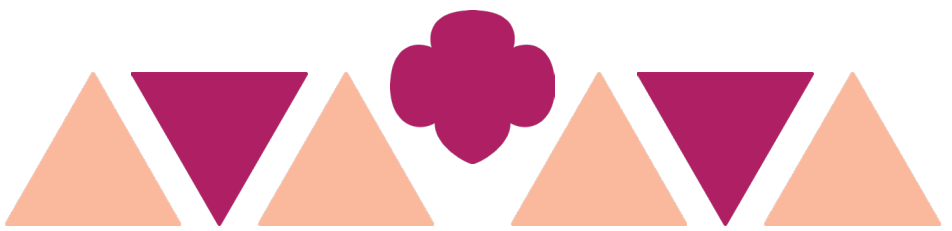
Feelings Hopscotch

Materials:

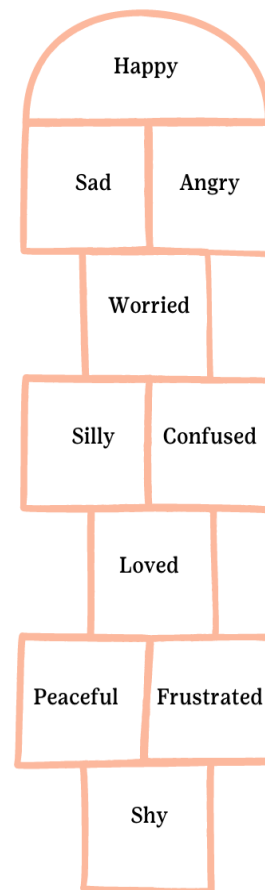
- Chalk
- Painters Tape
- Paper
- Markers

Want to tie this into a badge?

- Brownie My Best Self
- Cadette Science of Happiness
- Senior Women's Health



This activity will help you explore the range of emotions you will experience in a month, week or even a day. Make sure to do this activity with your friends and family so you can hear different perspectives about people and their feelings.



Steps:

1. Create a hopscotch like the one shown above.
2. Pick a number between 1 and 15, and begin to hop.
3. Whatever square you land on, answer the question: "Name a time when you felt ____."
4. Take turns hoping until all the squares are answered.