

Emotion & Coping Skills Charades

5 Ways of Well-being Game

Emotions:

Happy	Mad	Sad	Hurt	Excited	Surprise
Afraid	Disgusted	Confused	Proud	Frustrated	Calm
Embarrassed	Silly	Bored	Annoyed	Shy	Disappointed

Coping tools:

Read	Go for a walk	Watch a movie	Draw	Listen to music	Talk to someone
Paint	Squeeze a stress ball	10 deep breaths	Alone time	Sing	Sleep
Journal	Play a game	Exercise	Chew gum	Do a puzzle	Think of a happy memory