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# Feelings In A Jar®



## Synopsis

Everyone needs to know how to name and express feelings. Each jar holds 365 little slips printed with feelings words: "gleeful, insecure, grateful, angry, cranky, courageous, hopeful, and many more. Pull a slip and act out the feeling, or invite someone else to act it out. Use as discussion starters, journaling prompts, or icebreakers for groups. Ages 8 & up, 365 slips, 3" recyclable plastic screwtop jar.

## Book Information

Series: In a Jar®

Cards

Publisher: Free Spirit Publishing; Crds edition (November 15, 2008)

Language: English

ISBN-10: 1575429136

ISBN-13: 978-1575429137

Product Dimensions: 3.5 x 3.5 x 3.5 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 113 customer reviews

Best Sellers Rank: #7,168 in Books (See Top 100 in Books) #6 in Books > Children's Books > Activities, Crafts & Games > Games > Card Games #408 in Books > Parenting & Relationships

Age Range: 8 and up

Grade Level: 3 and up

## Customer Reviews

The game is good; the words are not for elementary students. I had to choose words for the session because some were higher level or for adults.

Working with kids, teens and adults who have been through trauma, this is a wonderful product to use with Somatic Body Awareness!

I have a teenage son who has PDD, nos, and Schizophrenia. This item has helped tremendously in teaching my son to have a conversation.

Arrived early. I am a licensed professional counselor, and use it with my five year old. Some of the words are complicated and complex but I enjoy exposing her to them anyway. The product can be

used by anyone.

I am a psychotherapist and I use this with both kids and adults. It is very useful in helping to identify emotions and everyone really enjoys it.

Was not terribly impressed by the quality of the cards or the way they fit in the jar. There is a wide assortment of feelings represented though. They will work for their intended purpose.

I was not expecting the jar to so far outsize the feeling cards. Some of the emotional terms may not be fitting for my clinical context but I think in all this is a good tool.

I would recommend this for older kids at least 12 and over due to some of the feeling and the understanding of what they mean. Overall a great product and conversation ice breaker as well as a learning tool for communication.

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