

Emotional Awareness

 Group Counseling Game

What
Makes
You Storm?



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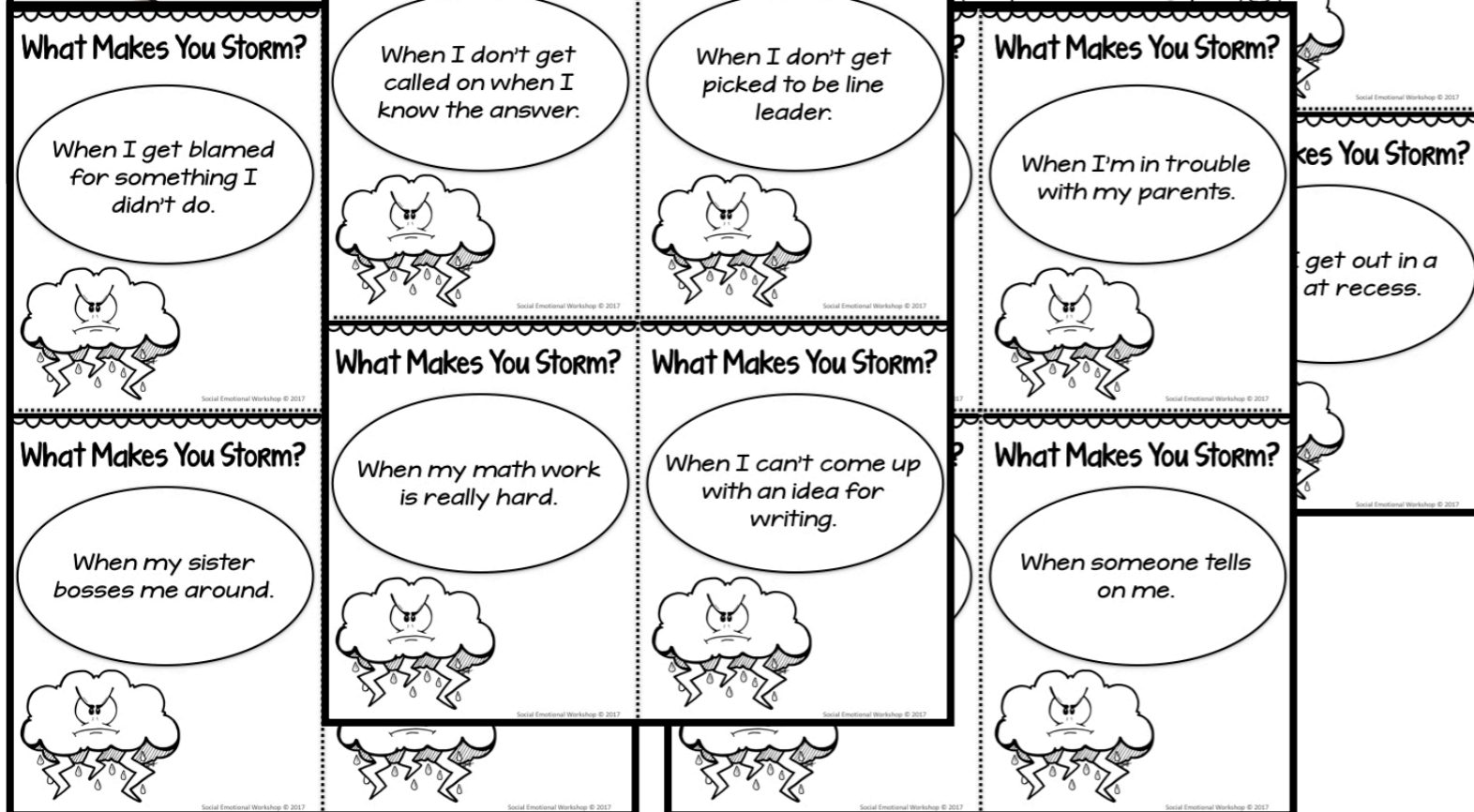
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48 SCENARIO CARDS

GAME DIRECTIONS

STUDENT RESPONSE CARDS



What Makes Your Storm?

Objective: Students identify situations that make them angry.

Best for 4 players.

Before the Session/Game Assembly

1. Cut out game cards.
2. Cut out student response cards and attach to popsicle sticks. You can glue them back to back or create two different response sticks.

Game Play

1. Introduce the game.
 - ▶ "Everyone has things that make them angry or upset. Those can be different things for different people. Some people get angry when they lose a game. Other people get angry when they don't get called on. Maybe you get angry when someone is mean to you. When something happens that makes you angry, I like to think of it like a big dark storm cloud rolling in. Eventually the anger will pass just like a storm cloud. We are going to play a game where we learn about what makes our storm clouds appear."
2. Put the game cards in a pile face down.
3. The first player draws a card from the top and reads aloud the scenario.
4. The other players respond to the scenario by holding up either the storm cloud or the sun. They hold up the storm cloud if it is something that makes them angry. They hold up the sun if it is something that doesn't bother them.
5. To extend the game, you can also have the player who chose the card, call on one of the students who said that it makes them 'storm' and have them give an example of when the situation happened to them. That student can then keep the card if they can provide an example.
6. Play continues until students have gone through all of the scenarios.

Materials

1. 48 Scenario Cards
2. 3 sets of Students Response Cards. Print more sets depending on your group size.
3. 4 blank Scenario Cards that you can customize.

Practitioner Notes