

Vibee Check™

For the
emotional
development
of children



**FREUDIAN
SLIPS, INC.**

JJ Agcaoili
Savio Mukachirayil
Peixuan Li
Annie Tang

INSIGHTS

AGE 4-12

- Teaching children emotion words helps emotional awareness.
- Communicating about emotions improves the social behaviour and academic performance of children.
- Increasing social competence helps to build meaningful relationships and good mental health later.

Using Language Learning
to improve the **emotional**
development of children.

MISSION

Vibe Check™



WHATS

IN

THE

BOX?

- 1 x board

- 1 x deck of Scenerio cards

- 1 x deck of Event cards

- 6 x tokens (1 per player)

- 6 x decks of Emotion cards (1 per player),
2 different levels of emotions.

- 5 x blank Scenario cards

- 5 x blank Event cards

- 15 x blank Emotion cards

I had a fight...

I was in the
race...

I needed to
catch the bus...

I was watching
the movie...

I was in another
country...

The icecream
man stopped on
our road...

I was walking
to school...

We went to
skate park...

I was tidying
my room...

I wanted to send
a message to my
friend...

I was on
social media...

I was playing
a video game...

SCENARIO CARDS

I met my
friend outside...

I was walking
to school...

I was jamming
to music...

I was singing
in the shower...



ying

...broke a bone

...got my hair cut

...my pet passed away

...fo

passed
y

...hurt my little toe

...and met a new friend

...got hit by a bicycle

pider
me!

...a cat jumped into my window!

...a burglar stole my pizza!

...a superhero stole my TV to use it as a shield!

EVENT CARDS

...the bus driver started crying

...there was free food!

...a fire broke out!



Nervous



Furious



Calm



Gloomy



Mad



Ashamed



Excited



Disgusted



Upset



Curious



Tired



Helpless



Confused



Joyful



Guilty



Afraid



Annoyed



Lonely



Pleasant



Stressed



Proud



Hopeful



Happy



Surprised



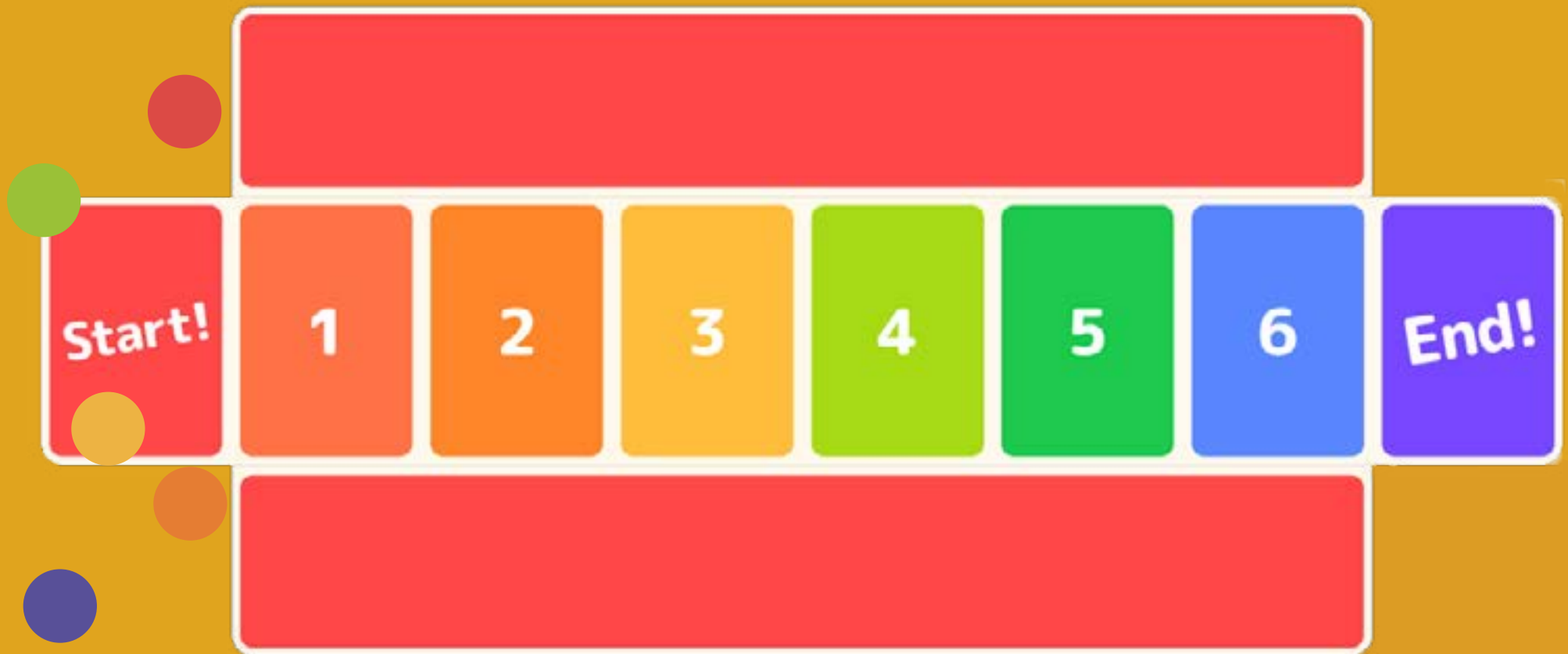
Sad



Brave

EMOTION CARDS

BOARD & TOKENS



EXAMPLE QUESTIONS

Some questions you can start with:

- Can you tell me more about this situation?
- Has this happened to you before?
- **Would you change anything about this situation?**
- What would you do next?
- Do you think most people would react the way you do?
- When was the last time you felt this way?

Hi Adults!

We are so glad that you have selected our game to play!

Our intention with this game was to create a fun way to help kids learn to recognise emotions not only in themselves but also the people around them. Our research shows that understanding emotions helps kids process how they feel more easily and consequently maintain a good mental health as they mature.

LETTER TO ADULTS...

- Each player takes turns to become the “Feeler” .

- The Feeler draws a card from the **Scenario Deck**

- And a card from the **Event Deck** to form a story,

- And **reads it out loud**

- The Feeler picks one or multiple **Emotion Cards** that matches the feelings of their story, then places that card(s) face down on the table.



I was walking
to school...

...and met a new
friend

Vibe
Check

- The other players can ask **questions** to the feeler about their story.
- The players are **NOT ALLOWED** to talk about the feelings directly.
- All other players put down the **Emotion Card(s)** face down they think the Feeler has chosen.
- The Feeler reveals their **chosen Emotion Card(s)** followed by the other players.
- Players are encouraged to **explain** their emotion in relation to the story.

"How did you meet the friend?"

~~"What did you feel?"~~



"I feel surprised, because..."

- The players that have correctly guessed **ALL** the Feeler's Emotion cards advance their token on the board.

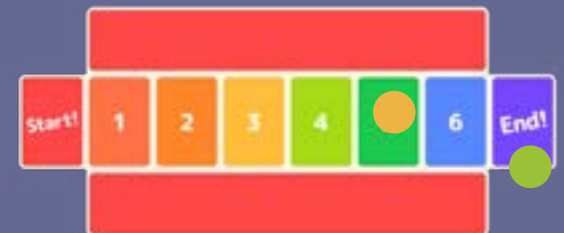
WORK COLLABORATIVELY!



- **Note:** If no-one has the cards that matches all the Feeler's emotion cards, **NOBODY** moves on the board.
- After each turn, the next player on right becomes the Feeler and starts again.

End of the game:

The first player who reaches the final space is the winner.



Furious

Afraid

Nervous

Stressed

Annoyed

Disgusted

Unpleasant

Guilty

Upset

Shame

Sad

Lonely

Helpless

Gloomy

Confused

Tired

Activation

Suprised

Brave

Curious

Interested

Hopeful

Pleasant

Proud

Pleasant

Deactivation

Calm

EMOTION VOCABU

CARD DESIGN

EMOJI.....

Help identify facial expression.



WORD..... **Joyful**

To expand emotional vocabulary for future communication.

BACK

• Logo



THANKS



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