

How Am I Feeling?

Tone of voice can convey so much to the people you are communicating with. Tone of voice is not referring to what is being said, but is rather how something is being said. This conveys the emotion behind the statement. Many people know and talk about how our thoughts can often be “lost in translation” when messages are sent via text message or email. Many of the children I work with have difficulty deciphering the emotion behind someone else’s tone of voice or how they are being perceived by others based on their own tone of voice. Imagine going through life only being able to email or text (and not being able to use the cool little emoji’s)! This would inevitably lead to frustration, frequent episodes of miscommunication, and difficulty understanding someone else’s perspective; all of which is seen when our clients have difficulty with this form of communication.

One day, while working with a client I was trying to explain to her that when she spoke to me the way she was, it made me feel bad for asking a question. It became clear based on her response to my feedback that she was unaware that her tone of voice was expressing the emotion I perceived. This was the birth of the “How Am I Feeling?” game.

How to prepare for the game:

1. Write six tones of voices (e.g. annoyed, frustrated, excited) and label them with a number 1-6. You can also use the ones I have provided.
2. Write six phrases and label them with a number 1-6. You can also use the ones I have provided.

Getting Started:

Have the child roll one dice to determine the tone of voice and then another dice to select the phrase. They should not tell the others playing what they rolled.

The actor will have three opportunities to say the phrase in the specific tone of voice and the others in the group can try to guess how they might be feeling.

If a child has difficulty with correctly demonstrating the tone of voice then afterwards you can brainstorm with everyone what that particular tone of voice would sound/look like. For example, would the voice be loud, quiet, high pitched, low pitched, eye brows raised, frown, tears, etc. Then all participants can practice saying the phrase in the tone of voice.

1. HI, MY NAME IS



2. IS THAT YOUR
TOY?



3. I CAN'T PLAY
RIGHT NOW



4. PLEASE BE
QUIETER



5. NO



6. OK



1. FRUSTRATED



2. ANNOYED



3. EXCITED



4. EXHAUSTED



5. SAD



6. SICK





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PHRASES



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TONES OF
VOICE



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