




How the Paper Says — A Feelings Game



How do you know how someone else is feeling even if they do not talk? 

By their face? By the way they move their body?

In this game, you will act out doing things in a way that shows a feeling. The audience knows **what** you are acting out. They must guess the **feeling** you are showing as you do the action.

How to play How the Paper Says

1. Write down the following words on small pieces of paper.
excited, worried, mad, tired, bored, silly, dreamy, curious, proud
2. Fold the papers in half and put them in a bag or bowl.
3. One person, the actor, picks a slip of paper. They read it, but they do not tell what it says. *If the actor needs help reading, another person may read the word for them and whisper the word in their ear. Two actors may work as a team.*
4. The audience gives the actor a task to act out **How the Paper Says**.
5. The actor has to do the task in a way that will help the audience guess the feeling. For example, someone in the audience will say: "Make a sandwich **How the Paper Says**." If the paper says "tired," they have to act out making the sandwich as if they were tired. The audience tries to guess the feeling.
6. If the audience doesn't guess the feeling after one task, they give another task. The actor acts out the new task with the SAME feeling.

Ideas for tasks

Tie your shoe **How the Paper Says**

Read a book **How the Paper Says**

Talk on the phone **How the Paper Says**

Sweep the floor **How the Paper Says**

Eat spaghetti **How the Paper Says**

