**Feelings Box**

**Needed:**

* Feelings Box made by Gabrielle or other box with feelings written on it (sad, mad, happy, calm)

**Reason:**

* Encourages discussion of feelings
* May be calming to an agitated resident

**Directions For Staff:**

* Ask resident to toss the box onto the table.
* Ask the resident to tell you about the feeling that is written on the top of the box.
* Ask the resident if he or she ever feels the feeling that is written on the top of the box.