

SOCIAL

Who made you laugh today, and with what?

For kids · Light



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

SOCIAL

What was the best moment of your day? And the hardest?

For kids · Light



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

SELF

If today were weather, what would it be?

For kids · Light



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

SOCIAL

Who did you sit with at lunch? What did you talk about?

For kids · Deeper



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

WORK

What did you learn today that surprised you?

For kids · Deeper



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

PURPOSE

If you could teach the whole class something, what would it be?

For kids · Deeper



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

SOCIAL

Was there a moment today when you felt left out?

For kids · Deep



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

SELF

Where in your body do you feel it? What would help a little?

For kids · Deep



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

SELF

What made you smile today?

For the whole family · Light



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

SOCIAL

Who was kind to you today?

For the whole family · Light



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

SELF

If you were an animal today,  
which one would you be? Why?

For the whole family · Light



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

PURPOSE

What are you looking forward  
to tomorrow?

For the whole family · Light



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

SOCIAL

Who would you like to give a  
hug right now?

For the whole family · Deeper



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

SELF

What was a little bit hard  
today?

For the whole family · Deeper



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

WORK

What did you help with today?

For the whole family · Deeper



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

WORK

What made you forget the time  
today?

For the whole family · Light



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

PURPOSE

What did you do this week that you are proud of?

For the whole family · Deeper



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

SELF

When did you feel brave this week?

For the whole family · Deeper



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

SOCIAL

If you could change one rule at home, which one, and why?

For the whole family · Deeper



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

PURPOSE

Who do you look up to, and what about them?

For the whole family · Deeper



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

PURPOSE

What is something you changed your mind about this year?

For the whole family · Deep



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

SOCIAL

What do you wish the others at this table understood better?

For the whole family · Deep



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

SELF

When did you last feel really like yourself?

For the whole family · Deep



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

SOCIAL

What would you like more of in our family, and what less?

For the whole family · Deep



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

SOCIAL

What were the best ten minutes of your day?

For your partner · Light



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

SOCIAL

What made you smile today that I don't know about yet?

For your partner · Light



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

SELF

What is taking up the most space in your head right now?

For your partner · Deeper



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

SOCIAL

When did you feel closest to me this week?

For your partner · Deeper



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

PURPOSE

What would make this weekend feel like ours?

For your partner · Deeper



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

SOCIAL

Is there something you'd like more of from me, or less of?

For your partner · Deep



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

PURPOSE

What do you want us to still be doing when we're old?

For your partner · Deep



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

SELF

What part of your life feels most like you right now? Which part least?

For your partner · Deep



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

## SOCIAL

What's the best thing that happened to you since we last talked?

For friends · Light



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

## SELF

What are you looking forward to right now?

For friends · Light



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

## PURPOSE

What did you do this week that felt like you?

For friends · Deeper



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

## WORK

If you could change one thing about your work tomorrow, what would it be?

For friends · Deeper



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

## SOCIAL

Who do you miss? What's stopping you from calling them?

For friends · Deeper



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

## SELF

What's been heavy lately that you haven't told anyone?

For friends · Deep



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

## PURPOSE

What would you try if you knew nobody would judge you?

For friends · Deep



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

## SOCIAL

What do you need from a friend right now: advice, company or just someone who listens?

For friends · Deep



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

WORK

One word from the feelings wheel for how you start this meeting?

For your team · Light



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

WORK

What went better this week than you expected?

For your team · Light



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

WORK

What took more energy today than it was worth?

For your team · Deeper



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

WORK

What is one thing I could stop doing that would help you?

For your team · Deeper



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

WORK

What worries you about this project that nobody has said out loud yet?

For your team · Deeper



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

WORK

When did you last feel proud of your work here? What made it possible?

For your team · Deep



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

PURPOSE

What would you like to be known for in this team a year from now?

For your team · Deep



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

SOCIAL

Who on this team deserves a thank-you they haven't heard yet?

For your team · Deep



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

SELF

What does my body need most right now?

For yourself · Light



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

SELF

What gave me energy today, and what took it?

For yourself · Light



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

SOCIAL

Who did I really listen to this week?

For yourself · Deeper



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

WORK

What did I do today that I'd still be glad about in a year?

For yourself · Deeper



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

PURPOSE

What would I keep doing even if nobody saw it?

For yourself · Deeper



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

SELF

If this feeling could talk, what would it ask me for?

For yourself · Deep



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

PURPOSE

What did I do this week that felt like me?

For yourself · Deep



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

SOCIAL

Who do I feel most like myself with? When did I last see them?

For yourself · Deep



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

NAME IT

How do you feel right now, really? Find the word on the wheel, then say why.

Everyone · Self



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

NAME IT

Which word on the wheel fits today better than “fine”?

Everyone · Self



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

NAME IT

Find the word for how you felt this morning. Has it changed since?

Everyone · Self



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

NAME IT

Pick a word for how you feel with the people at this table. Say what made it that word.

Everyone · Social



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

NAME IT

Pick the word you think the person to your left feels today. Ask if you got it right.

Everyone · Social



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

NAME IT

Which word sums up your week at work? Start in the middle, move out until it fits.

Everyone · Work



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

NAME IT

Find a word you rarely feel. When did you last feel it?

Everyone · Purpose



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)

NAME IT

Which word would you like to feel more often? What would bring it closer?

Everyone · Purpose



LET'S PLAY IFEELFIVE

[ifeelfive.com/play](https://ifeelfive.com/play)