

FUNKY FISH FEELINGS

Grab your snorkel and plunge into the burbling watery world of *Funky Fish Feelings*! These are fish with attitude, and some might bear an uncanny resemblance to people you know... Which one are you today? The flummoxed flounder? The cranky crab? What about the despondent dolphin or the shy shark?

Icebreaking

Spread the *Funky Fish Feelings* cards on the floor or on a table. Invite each participant to choose a card and tell a brief story explaining why their fish looks happy, doubtful, meditative, sad, etc. Afterwards, you might invite participants to introduce themselves with a short statement describing how they are similar or different to their fish character.

Unpacking the baggage

Use the cards to open a meeting or counselling session to find out where people are at. Some questions to ask may include:

- Which fish sums up how you are feeling now?
- Which fish sums up how you were feelings last week or last month?
- Which fish represents you at your best time in the past week?
- Which fish represents you at your worst?
- What was happening on each of these occasions?
- Which fish depicts how your year is going so far?
- Which fish represents your highlights and lowlights, joys and challenges during the past few months?

Family sculpting

Family sculpting is often used in counselling to create a picture of family relations and test out how past events and attitudes may affect the present. Useful questions to start with include:

- Can you use the cards to explain who is in your family?
- Who are the members of your family and which fish do they most resemble?
- Which fish reminds you of, say, your partner, son or daughter on a good day?
- Which fish represents them on a bad day?



Farr Lapp the Seahorse

Each of the *Funky Fish Feelings* cards features a cute little seahorse named Farr Lapp, who plays the role of observer. Farr Lapp provides the opportunity to ask questions that an observer might ask, and help people consider how a stranger or special person in one's life might perceive the situation. In social work and counselling, introducing an observer is often done to create different ways of building conversations. Here are some possible questions to ask:

- What do you think the seahorse is seeing?
- Do you think the seahorse could have a different perspective from yours?
- If the seahorse knows the fish really well, might this change his response to the emotion displayed?
- What advice might Farr Lapp give to the fish?

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