

# Our Feelings Matter

## Activity: Emotion Charades



Children tell us that they are more likely to be sociable and happy if they can share their feelings. This activity develops children's emotional literacy by making the connection between a range of emotions and experiences.

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### Links to Curriculum for Excellence Experiences and Outcomes

- I am aware of and able to express my feelings and am developing the ability to talk about them. *HWB 1-01a / HWB 2-01a / HWB 3-01a*
- I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them. *HWB 2-02a / HWB 3-02a*
- I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave. *HWB 2-04a / HWB 3-04a*
- I value the opportunities I am given to make friends and be part of a group in a range of situations. *HWB 2-14a / HWB 3-14a*

### Learning Intentions

- Learners recognise the range of emotions they or others may experience.
- Learners identify situations when particular emotions might be felt.

### Duration

30 minutes (Activity 1)

45 minutes - 1 hour (Activity 2)

### What You Need

- A6 card (4-6 cards for each child)
- Colouring pens
- Elastic bands (one per child)
- A box to store the whole group's cards

## Activity 1 – Preparing Charades Cards

Working in pairs, ask the children to name as many emotions (feelings) as they can in three minutes. Ask the children to compare their words with another pair.

In pairs again, ask the children to use a blue pen to underline or circle which emotions they feel are positive. Repeat with a red pen for which they feel are negative emotions. Ask whether the children have discovered any emotions that might be both positive and negative or perhaps neither. Explain that emotions can be complex and people can experience positive and negative emotions at the same time.

Next, introduce psychologist Rob Plutchik's idea that there are only eight basic human emotions: joy, trust, fear, surprise, sadness, anticipation, anger, and disgust. Invite the children to discuss the following questions:

- Are there any that need explained?
- When might a child feel these emotions?
- How would their body and mind react if they were feeling this way?

Finally, ask the children to compare these eight emotions with their list. Do they think any emotions are missing?

Ask each child to pick six emotions from their list. Give each child six A6 cards to make 'emotions charades' cards. Explain that in charades, a person mimes (acts out silently) what is on the card, and everyone has to guess what they are doing. On one side of a card, the child must write (a) an emotion and (b) situation when this emotion might arise. For example, a child might choose 'joy' as the emotion and 'when I'm playing in the park' as the situation.

Once the children have completed their six cards, ask them to secure their six cards with an elastic band. Collect all the card packs in and store in a box.

## Activity 2 – Playing Charades

Charades can be played straight after making the cards or can be used as a fun game before lunch or at the end of the day. It can be played inside or outside. To play the game, invite two children to select a card and give them a minute away from the group to work out a plan for how to act out the emotion. Invite the children to act out their charade to the wider group who must guess what is happening.

