



WHICH EMOTION AM I

Supplies Needed:

- Set of emotions cards

Implementation:

- Shuffle the emotions cards and place them in a stack face down
- Each player selects a card from the stack and places it in front of them where everyone can see, besides themselves
- Starting with the youngest player and proceeding clockwise around, take turns to ask one question about the card in front of you as you try to figure out which emotion you have, you must not however use the actual emotion word. (I.e. you might ask, “would I feel like this if I won a game of soccer?”, “Would I have tears if I felt this way?”) The other players answer yes or no
- When a player feels confident that they can identify their emotion, they may take a guess on their turn. The first person to identify is the winner of that round. The other players can then keep taking turns to ask questions about their emotions card until all emotions have been identified.

Discussion/ Learning:

- Was it hard to figure out which emotion you were? Why or why not?
- How did you come up with the questions you asked?
- In your day to day activities, are you aware of the different emotions and feelings that you encounter? What are some of those emotions? **This is called self-awareness!**
- When we are mad, irritated, afraid, or worried, our brains think we are in a dangerous situation and our body changes to address this potential danger. What are some of the changes that you might notice when your feelings change?
 - Rapid heartbeat or breathing
 - Redness in face
 - Clenched teeth
 - Clenched fists
 - Raised voice
 - Tight muscles
 - Upset stomach
 - Headache
 - Feeling fidgety