

How Am I Feeling?



Concept
Social Skills



Length
10-15 Minutes

Inquiry Prompts

- How can you tell what someone else is feeling?
- When have you felt a similar emotion? What did you say or do? What were you thinking?

Instructions

Students play a charades-type game to activate prior knowledge about recognizing and identifying others' emotions.

- 1 Divide the class into groups or teams. You can also play the game as a class.
- 2 A student draws a card from the deck of [emotions cards](#). Each card describes a different emotion.
- 3 The student acts out the emotion described on the card they've drawn. They are not allowed to use words!
- 4 The first student (or group) to guess the right emotion gets a point. The student (or group) with the most points at the end wins!

Message for students: Recognizing and understanding how other people feel in a situation is the first step towards showing empathy. Putting yourself in another's shoes sometimes mean putting aside your own point of view and feelings.

Materials Required

- [Emotion cards](#)
- Computers (tablets, phones) with Internet access (if you want to take and upload videos of the activity)

Artifacts

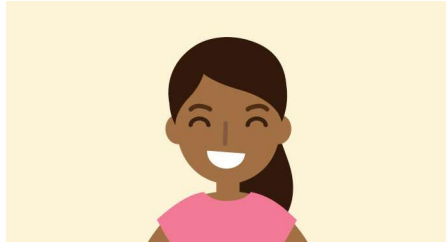
You can take photos of students acting out an emotion and have them upload it to their **Storyboard**. There, they can reflect on a time they experienced the emotion.

Emotion Cards



Mad

Someone took the last cupcake. You were saving that for a snack. No one asked you.



Happy

Today you are going to a pro-basketball game. You get to bring your best friend, too.



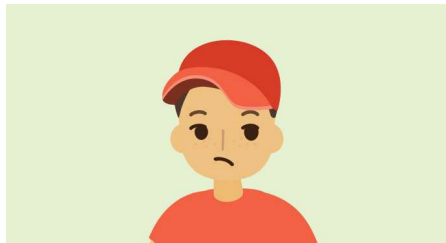
Sad

Your friends said you couldn't sit with them at lunch. You don't know why they are being mean to you.



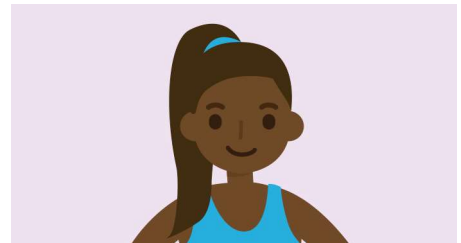
Excited

It's the first day of summer holidays. You can do whatever you want today!



Bored

You've finished your classwork. You have been told to wait quietly. There is nothing to do.



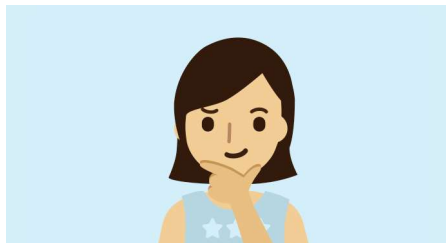
Proud

You ran 2 laps around the track. It's the first time you did it without stopping.



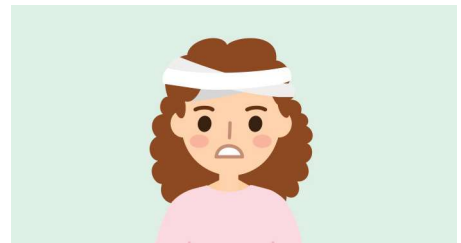
Scared

Your dog got loose from the yard. You don't know where he is. You live on a busy street.



Curious

Through a telescope you can see the moon up close. You wonder what space is really like.



Hurt

You tripped and bumped your head on a desk. It is bleeding and sore.