

Guess the emotion game

Outcome	Young people are more confident at describing their feelings and more aware that we experience emotions and show signs in different ways.
Time	10-15mins
Equipment	<ul style="list-style-type: none"> ● Print example emotion/feeling cards OR write down your own examples.
Set-up	Form a circle. This could be done standing or seated.

Instructions	
1)	<p>Ask: “Does anyone want to volunteer as a guesser?” Select participant.</p> <p>Instruct the guesser to go to a corner of the room/area, face away from the circle and close their eyes.</p>
2)	<p>Ask: “Who wants to act out an emotion or feeling?” Select the player by silently pointing to them to indicate to the circle who is leading the acting.</p>
3)	<p>Give the volunteer an emotion/feeling card. Examples include:</p> <ul style="list-style-type: none"> ● Frustrated ● Tired ● Excited ● Angry ● Worried ● Calm <p>OR ask the actor to think of their own emotion/feeling.</p>
4)	<p>Volunteer should act the emotion/feeling to the circle without speaking. They could create a freeze frame.</p>
5)	<p>Next, ask the whole circle to copy the volunteer.</p>
6)	<p>Invite the guesser to return to the circle and stand in the middle. Everyone will continue acting or holding their freeze frame.</p>
7)	<p>The guesser has 3 attempts to guess the emotion/feeling that is being acted out.</p>

9)	If the guesser has 3 incorrect guesses, ask “does anyone in the circle want to guess the emotion that was being acted out?”
10)	Once the emotion/feeling has been guessed, reset the game. Select a new guesser and new volunteer. Replay with a new emotion/feeling.

Adaptations/extension

- After 2 incorrect guesses, ask the lead actor to reveal themselves and give a clue. For example, **ask** “can you share an example of what makes you feel that way?”

Key messages/ reflection questions

- **Ask:** “Can anyone else share an example of what makes you feel that way?”

Encourage young people to think about how we all experience different emotions and show signs in different ways.

- **Ask:** “What activities make you feel excited or happy?”

Encourage young people to discuss what they enjoy doing.

- **Ask:** “What signs may we spot if a friend is feeling worried or upset?”

Encourage young people to discuss what signs they may show or what they may look out for in others.

- **Ask:** “How can we support a friend who is feeling worried or upset?”

Encourage young people to share examples of how to check-in with a friend.

Print example emotion cards OR write down your own examples.

Frustrated	Tired
Excited	Angry
Worried	Calm