

Materials	Paper, markers, container, timer
Learning Outcome	Identify a variety of emotions both in yourself and in others.

Description

This activity requires two or more people. Begin by discussing with the child the importance of recognizing their own emotions and the emotions of others. Discuss the following reasons for why it is important to recognize emotions:

- Recognizing *how* we feel leads us to understanding *why* we feel this way in order to manage the emotions
- Emotions can lead to thoughts and behaviours without realizing it
- Understanding emotions help us know when to ask for help
- Understanding emotions helps us identify when others are feeling certain emotions
- Ask the child to name all of the emotions they can think of and create a list.

If the child needs support with listing emotions, provide examples from the list below.

- Angry
- Excited
- Sad
- Happy
- Embarrassed
- Worried
- Scared
- Surprised
- Annoyed
- Relaxed
- Confused
- Lonely
- Disgusted
- Ashamed
- Relieved
- Joyful

Write the emotions on small pieces of paper and put them in a container. Ensure the child knows what each of the emotions means before starting the activity. Take turns pulling an emotion out of the container, drawing it, and having other players guess the emotion. Set a timer for an agreed upon amount of time. After the emotion is guessed correctly or if the time runs out, ask each person to show the emotion either with their face or their body language (or both). Ask the child how each emotion feels on the inside (e.g., knot in their stomach, all muscles feel tight, etc.). Encourage the child to look at how others express the emotions and if it differs from person to person.

Emotional Well-Being Competencies



THINK

Develop cognitive skills and strategies that facilitate self-management, decision-making, and relationship skills.



FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate responsible decision-making, self-awareness, and social-awareness.



Reflection Questions

Reflection is important to support learning for emotional well-being. Consider asking the child the reflection questions below and discuss the answers together.

- Which emotions were the easiest for you to recognize? Hardest?
- If you recognize a difficult emotion like anger or sadness, what can you do to manage that emotion?