

Emotions game: "what makes you feel..."

Help the children in your care to understand and recognise feelings with these emotional games, talking about how they feel.

Learning aims

- To understand and recognise feelings
- To recall what actions link with emotions
- To listen to others
- To share experiences with others.



Resources

- A small group of children – this could be a key group-time activity
- A book about feelings, for example, 'All About Feelings' by Felicity Brooks, 'How Are You Feeling Today?' by Molly Potter, 'All Kinds of Feelings' by Sheri Safran
- Laminated emotions cards – photographs of faces showing different emotions, for example happy, sad, angry, worried.

Activity outline

To make the emotions cards

1. Select images of faces clearly showing a range of emotions, for example, happy, sad, angry, worried, frustrated. Make sure you have an image of each emotion that you will explore in your chosen book. You may be able to source these online or you could take pictures of yourself or the children showing the emotions
2. Print off the images so these are large enough to see
3. Laminate the images, making a set of emotion cards.

Reading a book about feelings

1. Select an appropriate book to share with the children about feelings, for example, 'All About Feelings' by Felicity Brooks, 'How Are You Feeling Today?' by Molly Potter, 'All Kinds of Feelings' by Sheri Safran
2. Read the story to the children and show them the corresponding emotion card linked to the emotion in the book as you read it.

Emotions game: What makes you feel...

1. Explain to children that you are going to play a game about emotions. Start by holding up each of the emotions cards one at a time and asking the children which emotion it is, to help them recall the different emotions
2. If you have a few emotions cards you could pick a couple to focus on initially, starting with easier ones such as happy and sad)
3. Once the children are confident with the emotions, explain to them that you are going to go around the circle and you want them to tell the group something that makes them feel that emotion. Explain that some children might have the same things that make them feel the same emotion, or they might have very different things, as different things can make some people feel differently from others
4. Start the game by choosing an emotion card and holding it up, asking the children which emotion it is, for example, 'happy'. Tell the children you will go first and say, "what makes me feel happy is..." and tell them something which makes you feel happy
5. Go around the circle and ask each child, in turn, to tell everyone what makes them feel that emotion, for example, "Joe, what makes you feel happy?"
6. Support the children to notice any similarities and differences and why this may be. For example, some children may be scared of dogs due to a bad experience, whilst others may say a dog makes them happy as they have a pet dog.

Extending the activity

- Create lyrics to the song, 'If You're Happy and You Know It', to include a range of emotions and encourage the children to imitate the emotion. For example, if you're sad and you know it you might cry (rub your eyes)
- Label emotions as children experience them to help them to develop a deeper awareness of emotions.