

Guess The Emotion Game

Emotions Game for Kids

The idea is simple, but oh so fun!

You play it similar to the game TABOO, where the object of the game is to have the other player guess the word on the card without the other person using that word.

So for "angry," I may have said, "You might feel this way when someone eats the last cookie..." etc...

I used the emotion cards I found at Teacher Treasures, but you could make your own to include more emotions.

I just printed the cards out and cut them up. We took turns pulling a card out of the bowl and had 30 seconds to try and get the other person to guess the emotion on the card just by giving verbal cues.

It was fun! And a great way to work on emotional awareness! Kids often feel a whole range of emotions--- sometimes in a few minutes!--- so this was a great game to have fun, but talk about something very important.

You could also extend this activity by talking about proper ways to share those feelings. It is easy for us all to smile and laugh when we are happy, but what about when someone ate that last cookie and I am feeling mad.... what do I do with those feelings then?

