

EMOTIONS GAME (Self-centered games)

video of the game <https://youtu.be/KhR5yGis1UI>

Aims and Learning Outcomes:

- The child recognizes different emotions (happy, sad, angry, excited, fear, pain) from the pictures
- The child tries to express the same emotion as shown in the picture.
- The child thinks of different reasons why somebody has an emotion and uses sentence “Are You ... (happy), because” to guess what happened.

Time: 30 minutes

Participants: 3-5 children

You will need:

Pocket mirrors.

Emotion cards, where a child is recognisably happy, sad, angry, excited, scared, got hurt.

Situation cards where are presented different situations:

Happyness- The boy enjoys an ice cream. The boy is having fun on the slide. The girl has won a game.

Sadness- The girl is moving away, she has to leave her home and friends. The boy is the only one not to receive and invitation to a birthday party. The boy’s bird has died.

Anger- The girl’s dress got dirty. Another child has snatched the girl’s toy car. Another child has knocked over the girl’s tower.

Fear- The boy can see a thunderstorm happening outside. The boy is scared to jump off the diving board. The boy is supposed to get some drinks from the dark cellar.

Excitement- Grandfather has come to visit unexpectedly. The girl has found a “treasure” at the playground. Fireworks can be seen in the sky.

Pain- The girl tripped over and her knee is bleeding. The girl has banged her head. The girl has to have an injection.

TEACHING-LEARNING PROCESS:

The teacher shows one by one different emotion cards. The children try to guess what emotions are shown on the pictures and when do people may feel this way. With every emotion children take the pocket mirror and try to express the emotion in the mirror. On every emotion the teacher asks the children *when* they felt this way, *what* made them feel this way.

The teacher lays the emotion cards on the ground. The children select randomly one situation card and try to say what situation is shown on the picture. Then they discuss together to which emotion the situation fits (for example: the child eats ice cream- happy.) The teacher directs children to say “He is happy, because he eats the ice cream”. This way all situation cards are distributed between different emotion cards.

The teacher takes all the emotion and situation cards in her hand and asks one of the children to accompany him (away from the others). The teacher lets one of the children randomly pick one situation card. Quietly, the child can tell what is in the picture and what emotion this situation causes. Now the child must try to show that emotion and go to others.

Others have to guess what emotion he is showing and ask "Are you .. (happy, sad, etc.)". The child then answers whether it was correct or not. When children think correctly, they need to ask "Are you ... (happy) because ..." and give different reasons why they think he has that feeling. When others have offered 3-4 variations of why they feel this feeling and have not found the right reason, the child himself says "I am ... (happy) because ... (and describes the activity in the situation picture)".

If someone offers the right answer, he or she will go to select the next situation card. If no one answers correctly, the child himself chooses who goes next. The game is played until all situation cards have been played, or until all children have had at least 2 expressions of emotion.

Concept Learning: Emotions, emotion cards, empathy