



Erasmus + activity sheet

Title: The game of emotions. Kiss, Truth or Daring

Age of the students: 11-12 years

Objectives:

- Improve self-esteem in students.
- Recognize the positive aspects of the others.
- Identify emotions for conflict resolution.
- Learn to act with empathy to improve social skills.
 - Draw emotions with zentagle art.

Necessary material:

- Colored cardboards
- 2 bags
- Photocopy for each child with the emotional diagram.
- Felt pens

Development of the activity:

We write cards with the name of the children of the class.

We create cards with "daring" actions that children are saying.

We will have two bags, one with the cards with the names of the children and another with the cards of the child daring.

We take the first child out of the bag and he chooses kiss, truth or daring. Then he takes a name from the bag.

If he chooses a kiss, he should say something positive about the person who has picked up and kiss him.

If you choose truth, you must say something that is true and positive of the partner

If you choose daring, you must pick up a card from daring bag.

Some examples of daring:

- take a name and dance with him / her

- give a hug

- invent a poem with the word friendship, freedom, happiness ...

- Take a name and tell him you're a great person and I love you for ...

We will finish the class drawing the emotions with the zentagle art.

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