



## Emotional Intelligence Activities

*Aspects of emotional competence covered:* Self-awareness. Social-Emotional Awareness.  
Overcoming of embarrassment as a social emotion.

*Educational level:* Primary, Secondary Education, Higher Education

*Source:* Own authorship / Delia Rodríguez

*Duration:* 30 min.

### Emotion Cards Game

**INTRODUCTION:** Facial expressions are a universal language of emotion. This activity is aimed at making students aware of how well they are able to read other people's faces. They learn to focus on others, observe their emotions, and notice their actions and reactions. Therefore, they are able to ask questions, listen, and learn what other people are feeling. This will offer them practice on how to understand their perspective and determine what factors influenced them for the good or the bad, even though their perspective and their experiences might be quite different from theirs. They are aware of the other person's feelings, needs and concerns. (Adapted from Dr. Alan Zimmerman at <https://trans4mind.com/counterpoint/index-emotional-intelligence/zimmerman-eq3.shtml>).

#### **OBJECTIVES:**

- To practice awareness of one's facial expressions and body stance to show emotions.
- To raise awareness of other people's facial expressions and body stance when showing emotions.
- To train full attention in order to notice emotional reactions.
- To encourage group participation in a ludic atmosphere.
- To provide students with an opportunity to try and control the social emotion of embarrassment.

#### **PREPARATION:**

- Materials & resources:

For Step 1: PC/tablet; Internet connection;

website link: <https://learningapps.org/display?v=phfk47i6c18>;

Game "Las emociones", by pi creso at <https://learningapps.org/3043573>;

For Step 2: [set of emotions cards](#)

For Extension: pen & paper, mobile phone camera, TwinSpace Padlet

**VOCABULARY:** adjectives and nouns for emotions and feelings.

#### **PROCEDURE:**



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**Step 1:** *Type of interaction:* Local. Big group.

*Description:* Using the Basic Emotions game found at Learningapps.org, the students take turns to match the pictures to the six basic emotions.

**Step 2:** *Type of interaction:* Local. Groups of 6 students & big group.

*Description:* The teacher gives each group a set of cards with the words for several emotions and feelings. The cards are placed face down and the students take turns to pick up a card and perform the facial expression. They are instructed to remember a situation when they felt the emotion or feeling on the card in order to give a good performance. It can be done in 3 rounds: first, everybody can see the word and give opinion about their group mate's performance. Second, the performer must hide the card and the rest of the group has to guess the emotion. Third, the members of the other groups have to guess the emotion/feeling.

**EXTENSION:** *Type of interaction:* Interschool. Students' TwinSpace.

*Homework:* Students are asked to recall a situation which they felt very emotional about or which made them react emotionally, and draw a picture of themselves at that moment. They will post the drawing in the Students' TwinSpace Padlet created for this activity. The other students will comment on the photographs (Example: "You look ... . What happened? Why were you ...?") and the author of the drawing will reply accordingly.

*Comments:* The Emotion cards can be used for other games and activities; for example:

- Role playing: the students build a dialogue around the emotion/feeling shown in the card and play the situation in front of the class.
- Definitions: they try to define the emotion/feeling. This exercise obliges them to be aware of the differences between apparently similar emotions.
- Examples: They think about different situations when a person might feel like that.
- Pick up the card: A student picks up the card that shows their feelings at the moment and explains why. The rest of the class can ask them questions.