

# How Am I Feeling?



Concept  
Social Skills



Length  
10-15 Minutes

## Inquiry Prompts

- How can you tell what someone else is feeling?
- When have you felt a similar emotion? What did you say or do? What were you thinking?

## Instructions

Students play a charades-type game to activate prior knowledge about recognizing and identifying others' emotions.

- 1 Divide the class into groups or teams. You can also play the game as a class.
- 2 A student draws a card from the deck of [emotions cards](#). Each card describes a different emotion.
- 3 The student acts out the emotion described on the card they've drawn. They are not allowed to use words!
- 4 The first student (or group) to guess the right emotion gets a point. The student (or group) with the most points at the end wins!

**Message for students:** Recognizing and understanding how other people feel in a situation is the first step towards showing empathy. Putting yourself in another's shoes sometimes mean putting aside your own point of view and feelings.

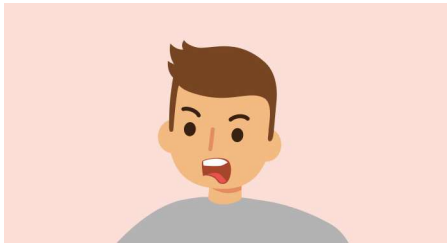
## Materials Required

- [Emotion cards](#)
- Computers (tablets, phones) with Internet access (if you want to take and upload videos of the activity)

## Artifacts

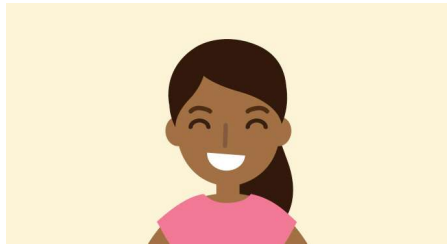
You can take photos of students acting out an emotion and have them upload it to their **Storyboard**. There, they can reflect on a time they experienced the emotion.

# Emotion Cards



## Mad

Someone took the last cupcake. You were saving that for a snack. No one asked you.



## Happy

Today you are going to a pro-basketball game. You get to bring your best friend, too.



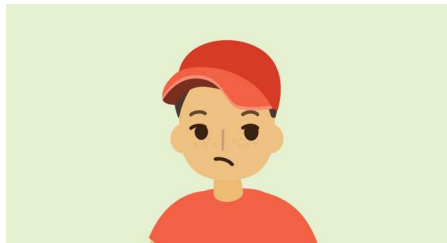
## Sad

Your friends said you couldn't sit with them at lunch. You don't know why they are being mean to you.



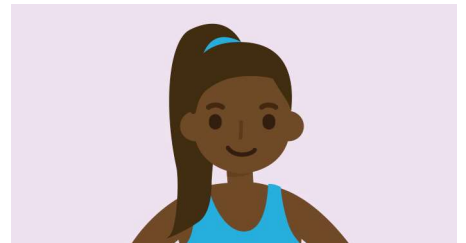
## Excited

It's the first day of summer holidays. You can do whatever you want today!



## Bored

You've finished your classwork. You have been told to wait quietly. There is nothing to do.



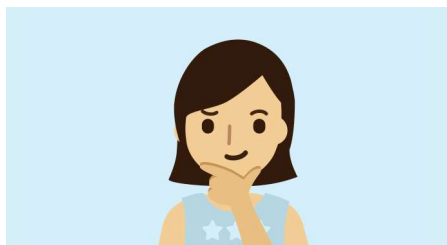
## Proud

You ran 2 laps around the track. It's the first time you did it without stopping.



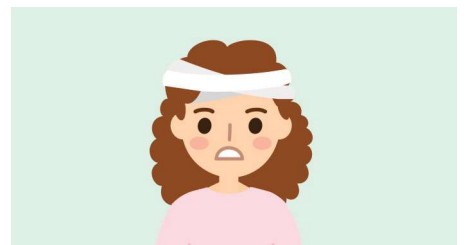
## Scared

Your dog got loose from the yard. You don't know where he is. You live on a busy street.



## Curious

Through a telescope you can see the moon up close. You wonder what space is really like.



## Hurt

You tripped and bumped your head on a desk. It is bleeding and sore.