



The SPECTacular Way to Take Care of Your Brain (🧠 A Brain Health Story)
(1st – 6 –7 yrs.)

Game: Name That Emotion
Group Activity



STORY CONNECTION: SLIDE 12 (Approx Time: 15-20 mins)

The E in SPECTacular is for our emotions. It is important to understand that it is ok to “feel” different things like being sad or angry, but you should try to be happy. Your brain has a special place that is turned on when you are happy and that makes your brain healthy. Just putting a smile on your face will turn on your “happy place” and you will feel happy, and your brain will be healthy.

Materials needed:

- Emotion Cards (included below)
- Action Cards (included below)
- Scissors
- Whiteboard or chart paper for drawing
- Paper or notecards
- Marker, pen, pencil, etc.

Preparation needed:

- Print and cut out two sets of each deck of cards.
 - Two sets of cards will allow more students to participate, and chances are they will get a different action when the emotion card is selected a second time.
 - There are extra “happy” cards intentionally since the focus in the story was about being happy.
 - ****OPTION:** Make your own cards using paper or notecards. Label one set of cards with the emotions/emojis and the other set with the actions. ******
- Put the emotion/emoji cards in one stack and the action cards in another stack.
- Have the stacks at the front of the room with access to a whiteboard, chart paper, or a way for students to draw if the drawing card is selected.
- Determine how to divide students.
 - The instructions are written for two teams, but you do what is best for your group.
- Determine how students will give their guesses (shout out, write them down, raise their hands).

Instructions:

1. This activity focuses on the emotional aspect of Brain Health. In this activity, students will review emotions by playing a game where they will either act out, describe an emotion, or draw something that would cause the emotion (no drawing emojis) and the rest of the students will have to figure out what that emotion is.
2. Divide the students into two teams on different sides of the room.
3. Explain and model for students how the game works.

“For example, if I am on this team (gesture to one side) and it is my turn, I will come up front and draw a card from each stack. I will show it to the teacher because I need a little help reading it. The teacher would whisper it into my ear. My cards say: “act it out” and “worried”. I will have to act out being worried using no words or sounds, like this! (Model how to act worried out.) My team is going to guess what emotion I am showing.”

Another example: “A student from team two will then come to the front and draw one card from each stack only letting the adult/teacher/leader see the cards if they need help reading them. If they draw “describe with words” and “bored” they would have to talk about the word by giving examples or situations that might be boring with hopes their team would guess it correctly.”

***Note: You may want to set a timer or time limit for the person presenting the emotion and for guessing. ***

4. Explain how students will give their team guesses.
5. Explain how points will be earned.
 - If their team guesses correctly, they get a point.
 - If not, the other team can have a chance to guess and get a point.
 - If neither team guesses correctly, no points are awarded.
6. Ask students if they have any questions or need any clarification. Clear up any misunderstandings.
7. Ask for the first student from team one to come to the front and begin play.
8. Play continues until all students have a chance, all the cards are used, time is called, a certain number of points is reached, etc. You can decide when to end the game.
9. In closing, review that it is important to understand that it is ok to “feel” different things like being sad or angry, but they should try to be happy. Their brain has a special place that is turned on when they are happy and that makes their brain healthy. Just putting a smile on their face will turn on their “happy place” and they will feel happy, and their brain will be healthy.



Happy



Sad



Scared



Mad



Surprised



Disgusted



Bored



Confused



Shocked/Blown Away



Worried



Happy



Happy



Happy



Happy



Happy



Happy



Act It Out



Act It Out



Act It Out



Act It Out

 <p data-bbox="500 474 808 506">Describe With Words</p>	 <p data-bbox="1200 474 1508 506">Describe With Words</p>
 <p data-bbox="500 873 808 905">Describe With Words</p>	 <p data-bbox="1200 873 1508 905">Describe With Words</p>
 <p data-bbox="475 1167 695 1199">Draw a Picture</p>	 <p data-bbox="1179 1167 1398 1199">Draw a Picture</p>
 <p data-bbox="475 1461 695 1493">Draw a Picture</p>	 <p data-bbox="1179 1461 1398 1493">Draw a Picture</p>

Emoji Image Credit: Google Docs

Masks Image Credit: https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcQHISoqUFQSI2qLQiMqDivtFWDs0lp4D86H0Jbx-dN_V4rqsdk&s

Word Bubble Image Credit: https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcTQQq_goKGwQRkJN0AkOJLQu3RL_PsiUkw41eHCfmBxqW0RN-6n&s

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