



**A SPECTacular Trip to the Zoo (🧠 A Brain Health Story)  
(2<sup>nd</sup> Grade 7 – 8 yrs.)  
Game Show Video: Name That Emotion  
Group Activity**



**STORY CONNECTION – SLIDES 13-17 (Approx Time: 20-25 mins)**

The Moody Arctic is in the **emotional** part of our brain. Some emotions that we feel are happiness, sadness, fear, disgust, anger, and surprise. There are lots of different emotions that we can feel and the emotions that we are feeling can affect the mood that we are in – which will affect how we behave. It is important to remember that we are all different and one thing that makes you happy may make someone else afraid. Thinking about our feelings will not only help us understand our emotions, but it can help us understand other people's feelings better, too. Being able to identify and understand our emotions will help make the emotional part of our brains healthy. Visiting the Moody Arctic part of the Brain Zoo to understand our own feelings can help us build closer friendships and will allow us to have control over how we are feeling. And, most importantly, understanding our feelings will be good for our Emotional Health.

**Materials needed:**

- Game show video link: [https://www.youtube.com/watch?v=1ratM\\_IK11M](https://www.youtube.com/watch?v=1ratM_IK11M) (2:22)
- Equipment to show online video
- Paper
- Pencils

**Preparation needed:**

- Preview video (know when to pause)
- Determine what emotions student(s) will use for their own scenarios.
- Determine if/how points will be given.

**Instructions:**

1. This activity focuses on the E in SPECTacular which stands for Emotional Health. Student(s) will watch a game-show type video and then write their own questions to play the game show with their classmates.
2. Explain to student(s) that they will watch a game-show type video. There are four rounds. In each round, the host reads a scenario and the contestants must decide if the person feels happy, mad, sad, or excited. Student(s) will have a chance to play the game too.
3. Begin the video.
4. After each question is read, pause the video, and let student(s) "turn and talk" to a partner before starting the video again to reveal the answer. You can keep score or not.
5. After watching all four rounds, the student(s) will get with a partner to make their own game-show type questions. They will need to give a scenario and write the emotion the person in the scenario would be

feeling. Feel free to add additional emotions such as surprised, scared, disgusted, etc. to the ones used in the video (happy, mad, sad, excited).

6. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
7. Allow student(s) an allotted amount of time to work on their scenario and questions.
8. Once all the student(s) have finished their questions, divide them into two teams.
9. Read the scenarios and give the teams a chance to talk about it for 5-10 seconds and then tell the emotion the person would be feeling. 5 points will be given for the correct emotion. You can give bonus points to teams if they can justify their choice of emotion and/or tell why that person might be feeling that emotion or in a certain mood.
10. In closing, remind student(s) that being able to identify and understand our emotions will help make the emotional part of our brains healthy. Visiting the Moody Arctic part of the Brain Zoo to understand our own feelings can help us build closer friendships and will allow us to have control over how we are feeling. And, most importantly, understanding our feelings will be good for our Emotional Health.