



**Being Afraid Can Help You-WHAT?!? (🧠 An Emotional Health Story)  
(2<sup>nd</sup> – 7-8 yrs.)  
Game: How Are You Feeling Today?**



**STORY CONNECTION-SLIDE 1 (Approx Time: 10-15 mins)**

This story is about Emotional Health – which is the E in SPECTacular. Emotional Health helps your brain stay healthy when you understand about how you “feel” – your emotions. There are lots of emotions. Being happy, sad, surprised, disgusted, or mad. These are all emotions. Understanding that we have emotions and how we control our emotions is important to making our brain healthy. When you understand your emotions and learn how to control your emotions, that makes your brain healthy.

There are three different variations of this game. Feel free to choose one, two, or play all three with your student(s) at some point. Variation 1 and 3 can be played with a facilitator and student.

Variation #1:

This game is like Hedbanz (<https://www.youtube.com/watch?v=TeyLMzdZN3A>) where the student who is “it” will try to guess the emotion on their head that they cannot see.

**Materials needed:**

- Emotion Cards (included below)
- Elastic, headbands, or sentence strips to hold cards on student(s)' heads.
  - This is not needed if projecting on a screen.

**Preparation needed:**

- Determine how you will use the Emotion cards
  - Print and cut
  - Make your own with note cards
  - Project on board
- Determine how student(s) will wear the cards. (Not necessary for projecting)
  - Can be cut apart so they can slip into the elastic band around student(s)' heads.
  - Can be attached to sentence strips ahead of time and placed on student(s)' heads as the game is played.

**Instructions:**

1. Have student(s) sit in a circle and one student will choose an emotion card. If playing with the emotion projected, have a student sit in the chair with an emotion card on the screen behind them so they cannot see.

2. The student guessing will ask questions to the group that can only be answered with a yes or no. For example, "Would I feel this way if I won my soccer game?" Other student(s) answer with yes or no only and then the guesser can ask another question: "Would I feel this way if I fell down on the playground?" Yes or no only.
3. This line of questioning continues until the guesser feels confident they know the emotion. When the guesser thinks they know the emotion, they can make a guess. If correct, a new guesser and a new emotion starts a new round. If incorrect, more questions are asked.
4. The game continues until all emotions are guessed.
5. After the game is over, discuss how all these emotions are normal and how everyone experiences them at various times.

### Variation #2: Musical Emotions (for a group)

#### **Materials needed:**

- Note Cards
- Scenarios
- Hat/Bowl/Bucket (something to pass and draw out from)
- Music and equipment to play it out loud

#### **Preparation needed:**

- Optional: Create many simple scenarios that would foster different emotions
  - Write those scenarios one per note card
- Determine what music will be played

#### **Instructions:**

1. Explain to student(s) they will be playing a form of musical chairs but with emotions!
2. Begin by brainstorming some common scenarios that might elicit different feelings.

*\*\*Note: Add these to your scenarios, only use student suggestions, or skip this step.\*\**

A few examples:

- "Your grandma picked you up after school and took you to get ice cream."
  - "Your classmate spilled paint on your drawing."
  - "Your mom yelled at you."
  - "Your brother wouldn't let you have a turn on the swings."
3. Put the scenarios in a hat and pass the hat around the circle or small group while you play music.
  4. When you stop the music, the child left holding the hat should pick out a scenario.
  5. Have the student read the scenario. Assist as needed.
  6. Then ask the child to describe how they would feel if the scenario happened to them.
  7. After the game is over, discuss how all these emotions are normal and how everyone experiences them at various times.

### Variation #3: Emotion Charades

#### **Materials needed:**

- Emotion Cards (included below)







#### **Preparation needed:**

- Print and cut out Emotion cards or make your own with note cards
- Determine student grouping or teams

**Instructions:**

1. Explain to the student(s) that they will be playing charades and acting out different emotions. The goal is to act the emotion using only your body and facial expressions so your teammates can guess the emotion correctly.
2. Place student(s) in their groups.
3. Pick a group to start.
4. Ask for one student to come up and draw an emotion card.
5. Give them an allotted time to act and the team to guess.
6. If correct, award a point to that team and move to another team. If incorrect, allow another team the opportunity to guess the emotion for a point.
7. Continue till every team has had a chance and/or every student has had a chance to go.
8. After the game is over, discuss how all these emotions are normal and how everyone experiences them at various times.

Variation Credit: <https://blog.brookespublishing.com/10-activities-for-teaching-young-children-about-emotions/>

					
Angry	Happy	Sad	Confused	Scared	Surprised

Emotion Cards: <https://www.free-math-handwriting-and-reading-worksheets.com/free-printable-flashcards.html>