

# Emotion Charades:

Cut out the emotion cards on the attached piece of paper. Take turns picking a slip of paper and then acting out the word written on it. For kids under 5 or 6, you might need to read the word to the child. Keep the feelings simple such as: happy, sad, mad or scared. For kids 7+, you can use more complex feelings such as guilty, anxious, embarrassed, proud, etc. If kids prefer, you can draw the emotion rather than act it out. Make it harder by setting the rule that you cannot draw the emotion using a face. Instead, they have to express the feeling by drawing the body language or aspects of a situation that would lead to that emotion (e.g. for sadness, you can draw a kid sitting alone on a bench, or a rainy day, etc.).

# Emotion Charades:

Angry

Sad

Surprised

Frustrated

Anxious

Proud

Scared

Guilty

Calm

Happy

Embarrassed

Joyful

Relieved

Ashamed

Love