

# Feelings Safari

Respectful Relationships

To help students identify, understand, and express their emotions through movement, creativity, and simple peer sharing.



## Learning Intentions

**For students to learn about and practice acting out different emotions.**

This builds emotional awareness in fun and imaginative ways.

**For students to learn how to recognise that we all feel different emotions.**

This helps students understand emotional diversity and empathy.

**For students to learn how to share how they are feeling using words and body language.**

This encourages confidence in expressing emotions safely.



## Success Criteria

### Emotion Recognition:

Students can correctly name and act out basic feelings like happy, sad, angry, or shy.

### Understanding Others:

Students can recognise how their classmates might be feeling based on how they act or move.

### Sharing Experiences:

Students can describe a moment when they felt a certain emotion.



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**Objective:**

To help students identify, understand, and express their emotions through movement, creativity, and simple peer sharing.

**Players:**

Whole class

**Materials:**

None required

**Setup:**

Create an open space for movement.

The teacher may prepare a list or set of cards with basic emotions (e.g. happy, sad, angry, shy, excited, scared) and a list of animals for students to act out. This could be done as a class brainstorm prior to commencing, listing the ideas on the board.

**Activity:****1. Welcome to the Safari:**

Introduce students to the idea that they are going on a **Feelings Safari** where they'll act like animals showing different feelings.

**2. Act It Out:**

The teacher calls out an emotion and an animal (e.g. "Be a happy kangaroo!"). Students move around the space acting like that animal, using their bodies and faces to show the emotion.

**3. Freeze & Find a Friend:**

After 20–30 seconds, the teacher says "Freeze!" Students stop moving, find a partner (we strongly believe the best way to form partners is simply by selecting the person closest to them), and share a time when they felt that emotion.

For example:

- 🐶 "I felt happy when I had ice cream!"
- 🐢 "I felt shy on my first day of school."

**4. Repeat & Explore More Feelings:**

Continue the game with 3–4 different animal-emotion combinations (e.g. sad sloth, angry lion, excited puppy, scared mouse).

**5. Calm & Reflect:**

Finish the session with a group circle. Invite students to sit, take 3 deep "belly breaths," and reflect silently or with a partner:

- What was your favourite feeling to act out?
- Which emotion felt hard to show?
- How do we help our friends when they feel that way?



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## Reflection Prompt:

- "What helps you when you feel sad or shy?"
- "How can we tell how a friend is feeling?"
- "Can you think of an animal that looks calm?"

## Winning the Game:

There are no winners, just explorers learning about feelings! Celebrate students for being brave, creative, and kind while sharing.

