

Emotion Charades Showdown

Respectful Relationships

To expand students' emotional vocabulary and support respectful relationships by helping them identify, express, and manage emotions in themselves and others.



Learning Intentions

Students learn to recognise different emotions in themselves and others.

This helps students build emotional awareness and understand how feelings affect our interactions.

Students create a toolkit of helpful strategies to manage strong feelings.

This empowers students to explore positive coping skills they can use in challenging moments.

Students aim to reflect on times they have experienced big emotions and share safe ways to handle them.

This encourages peer connection through storytelling and builds empathy by sharing emotional experiences.



Success Criteria

Emotion Recognition:

Students can correctly identify emotions acted out by their peers and connect them to real-life situations.

Healthy Coping Strategies:

Students can name one or more helpful strategies to manage emotions like frustration, embarrassment, or nervousness.

Reflective Sharing:

Students are willing to share a time they experienced a particular emotion and how they responded or could respond more helpfully.



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Objective:

To expand students' emotional vocabulary and support respectful relationships by helping them identify, express, and manage emotions in themselves and others.

Players:

Whole class or groups of 6–10 students.

Materials:

Emotion word cards (optional). You can simply verbally assign an emotion to the student whose turn it is to act out the emotion each time they come to the front of the group. (Emotion word cards can be found in the PDF resource tab)

Timer (optional for team play)

Setup:

Split the group into two teams or play as a whole class circle game. Prepare a list of age-appropriate, complex emotions (e.g. nervous, proud, frustrated, confused, excited, embarrassed).

Activity:

1. Act It Out:

One student from a team or group comes to the front and chooses (or is given) an emotion to act out silently, using facial expressions, body language, and gestures.

2. Guess the Emotion:

Their team has 30 seconds to guess the correct emotion. You can give hints if needed or allow one pass per round.

3. Reflect & Relate:

Once guessed, pause the game for discussion:

- "When is a time someone might feel this way?"
- "What's a healthy way to manage this emotion?"
- Encourage discussion of real-life examples and effective strategies (e.g. deep breathing, talking to someone, taking a break).

4. Bonus Points:

Award extra points if the team names a helpful strategy or shares a meaningful personal story.

5. Repeat:

Alternate between teams or students so everyone gets a turn to act, guess, and reflect.

6. Scoring system:

If you feel like your class will respond well to a little bit of friendly competition, reward teams with one point for each correct guess within a set time limit (1 min). If playing this way only students from within their own team can call out guesses. A bonus point if the team can name a helpful strategy and/or share a personal story that relates to the emotion being displayed.



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Reflection Prompts:

- What was the trickiest emotion to act out or guess? Why?
- When do you usually feel this emotion?
- What are some helpful things you can do when you feel that way?

Winning the Game:

This is a cooperative game that promotes empathy and emotional literacy. Instead of focusing on points, celebrate respectful sharing, clever guessing, and helpful strategies.

Additional Notes:

Emotion Charades Showdown promotes understanding and respect for feelings, our own and those of others. It supports respectful relationships by building vocabulary, connection, and healthy coping habits in a safe, fun, and expressive way.



EMOTION CARDS

PRINT AND CUT OUT THE EMOTION CARDS. PLAYERS TAKE TURNS ACTING OUT AN EMOTION SILENTLY USING BODY LANGUAGE, WHILE THEIR TEAM GUESSES WITHIN THE TIME LIMIT.



HAPPY



NERVOUS



CALM



PROUD



EMOTION CARDS



FRUSTRATED



CONFUSED



EXCITED



EMBARRASSED



EMOTION CARDS



HOPEFUL



ANGRY



TIRED



SURPRISED

