

The Game of Emotions



Sleepy



Confused



Silly



Happy



Sad



Furious



Surprised



Angry



Embarrassed



Loving



Bored



Sick



Scared



Amused



Friendly



Frustrated

The Game of Emotions

There are two ways to play:

Game 1: Cut out the faces and place them into a jar or hat. Take turns picking an emotion and act it out. Everyone must guess what emotion you are acting out. Once it is guessed correctly you then tell the group about a time when you had that feeling yourself. The person who guessed correctly goes next.

Game 2: Pick a movie or TV show and watch it together. As you're watching have a scavenger hunt for emotions using the faces. For example: When you see a character that is embarrassed cross off the embarrassed face. Then talk about what clues told you they were embarrassed.