



**learn &
play**

Theme

Controlling emotions

ISBE Learning Standards for Social/Emotional Learning:

- The child will identify and manage their emotions and behaviors. (1A)
- The child will demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways. (2D)

Activity: Emotional Charades

Items Needed

- White board or large piece of paper with markers

Activity Prep:

1. Before starting the activity, have a large piece of paper or white board ready with markers. The word *Emotions* should be written across the top.

Activity:

1. Ask a volunteer to come to the front of the group. Whisper to the child an emotion to act out.
2. The children will shout out their guesses. After someone in the group correctly guesses the emotion, the same volunteer will act out one more emotion before sitting down.
3. Repeat with another child and then discuss what emotions are.
4. Make a list of emotions. Talk about what we do to express them to the world around us.

Considerations/ Modifications/ Extension Activities:

- For children that need additional help, make the list of emotions before beginning the activity (start with step #4, then do steps #1, 2, and 3; allow children to reference the list throughout the activity).
- For more adventurous children, have smaller groups or individuals make lists of emotions and think about how they express them.