

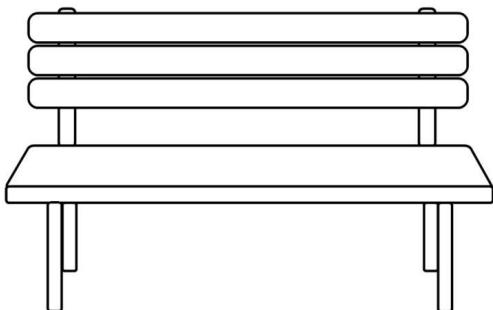
## Guess the emotion game

A fun activity to help children identify, understand, and talk about different emotions and how they feel.

**Time required:** about 10 mins

**You will need:**

- Two chairs
- A bowl or box
- Paper cut into strips
- Pen



**Set up:**

- Place the two chairs next to each other side-by-side like a bench.
- On the strips of paper write different emotions, fold them up and put them in the box or bowl.  
e.g. happy, sad, angry, disappointed, excited, embarrassed, scared, confused.

**What to do:**

Choose a volunteer to come and pick an emotion out of the bowl. They shouldn't show or tell anyone what it is. They sit on one of the chairs. Select three more volunteers.

Taking turns, they each sit on the empty chair and ask the first volunteer questions. The first person must respond in line with the emotion they have. After each volunteer has had a turn the group must guess what the emotion is.

Question's could include: 'How is your day?' 'What did you have for breakfast?' 'What are your favourite lessons at school?'

