

HAPPY-ANGRY-SAD-HAPPY (HASH)

WHAT TO SAY

Understanding what we are feeling is important to understanding a situation and using skills like communication and problem solving.

Misunderstanding what we are feeling or what others are feeling can lead to making poor judgments about a situation and bad decisions about how to communicate and problem solve

Everyone feels angry, sad, frustrated, worried, and nervous sometimes, and feeling that is okay and healthy. It's what we do about it when we feel those things that can help us to feel better and be productive or can make us feel worse and get us into trouble.

WHAT TO DO

Each player counts to ten. As they count, they SHOW the emotions: happy – angry – sad – happy. (For example, on 1-2-3 they might be happy, on 4-5 they might be angry, on 6-7-8 they might be sad, and on 9-10 they are happy again.)

Players can choose to show their emotion using facial expressions, delivering the same message using different tones of voice, answer the same question using different verbal content, etc.

As a facilitator, you can ask the following questions at the end of the activity but you can also pause the player and ask questions to the group

WHAT TO ASK

Which emotions were easy/hard to act out, and why?

How did you change your tone or expression based on the emotion you were portraying?

How did you know what emotion others were portraying?

How does your body feel when you experience different emotions?