

# MOOD CHARADES

## WHAT TO SAY

### Skills to Introduce - Communicating and Recognizing Emotions

▶ **Communicating emotions:** “Emotions are communicated in many ways, including through what we say, what we do (our behaviors) and our body language and facial expressions.”

▶ **Recognizing our own emotions:** “Recognizing how we feel can help us use our emotions in a productive way. Paying attention to the signals in our body can help us identify how we’re feeling.”

▶ **Recognizing emotions in others:** “Paying attention to others’ body language and words can also help us identify others’ emotions, which can help with good communication and cooperation.”

Requires Resources? Yes  
Grade Level: 6-8; 9-12  
Indoor/Outdoor: Indoor  
Group Size: 4+

## WHAT TO DO

### What you Need

Paper and pens/pencils.

### How to Play

- ▶ Divide players into two groups.
- ▶ Give each team paper and have them write down a certain number of emotions to act out.
  - ▶ Round 1 (regular): A student from Team A randomly draws an emotion from Team B’s list. They must act out the emotion without talking, and the other students on their team have to guess the emotion. Once their team correctly guesses the emotion, the next person on Team A draws an emotion. (Want to make it more fastpaced? Use a timer and see how many emotions they can guess within a certain amount of time). Once all of the emotions have been guessed or the time is up, switch so that it’s Team B’s turn to pull emotions from Team A’s list.
  - ▶ Round 2 (partners): The rules of this round are the same as the first, except individuals on each team split into pairs. One person in a pair draws an emotion and has to tell their partner what to do with their body in order to demonstrate the emotion. Only the person telling their partner what to do knows what the emotion is. The rest of the team guesses the emotion like last time.

### Potential Adaptations

Add a time limit or rules such as having them wear a blindfold or not allowing them to speak.

## WHAT TO ASK

- ▶ How easy or difficult was it for you to portray different emotions?
- ▶ What made certain emotions easier or harder to act out?
- ▶ How did you guess what emotions others were portraying?
- ▶ What might happen if you misinterpret how someone is feeling?
- ▶ How does your body feel when you experience different emotions?