

MOODS

WHAT TO SAY

Skills to introduce– Emotion Expression and Identification

▶ “It’s important for each of us to experience a wide range of emotions – to feel them, identify them, recognize them in others and respond to them effectively.”

▶ **Emotion expression:** “People experience and express emotions in different ways. Emotions can look different for people across cultures, contexts and situations We don’t want to eliminate the emotion; we want to understand it, label it, know why it’s occurring and allow it to motivate us toward a healthy desired outcome.”

▶ **Emotion identification:** “Observing emotions in other people requires understanding both verbal and nonverbal cues (e.g., body language and facial expressions) and allows us to better connect with others.”

Requires Resources? Yes
Grade Level: 6-8; 9-12
Indoor/Outdoor: Indoor
Group Size: 3+

WHAT TO DO

What you Need

- ▶ Printed/cut mood cards (PDF)
- ▶ Printed/cut statement cards (PDF)
- ▶ Optional: Printed/cut intensity cards (PDF)

How to Play

1. Have students take turns acting out the cards, while the rest of the group guesses.
2. The student acting things out draws two cards: one statement and one mood.
3. Without telling the group the mood, the player then says the phrase while expressing the mood using their tone and body language.
4. The group then tries to guess the mood on the card.

Potential Adaptations

- ▶ The game can also be played in teams, with the team who correctly guesses the most moods in a set period of time winning the round.
- ▶ A second round can include added intensity cards.

WHAT TO ASK

- ▶ Which emotions were hard to express, and why?
- ▶ Which ones were hard to guess, and why?
- ▶ Was it more difficult to distinguish among positive emotions or negative emotions? Why do you think? Which ones were especially challenging to differentiate?
- ▶ Did expressing any specific emotions leave you with certain feelings in your body, like shortness of breath, muscle tension, sweating or heating up?

Moods
Mood Cards

Humble	Tense	Grouchy
Hopeful	Sarcastic	Silly
Determined	Arrogant	Dazed
Forgetful	Dignified	Envious
Nervous	Sneaky	Bashful

Tired	Jealous	Embarrassed
Righteous	Content	Analytical
Amazed	Aloof	Ashamed
Amused	Annoyed	Surprised
Horrificed	Confused	In Love

Threatening	Triumphant	Reflective
Helpless	Bored	Apologetic
Angry	Panicky	Impatient
Sulking	Suspicious	Sincere
Relieved	Wishy-Washy	Depressed

Crazed	Joyous	Excited
Indignant	Clueless	Frightened
Mysterious	Mellow	Zany

Moods
Statement Cards

I've got a fever of 103°.	Knock knock, anyone home?	Are we there yet?
That isn't funny. This is funny!	I like to move it, move it.	Wrestling is real.
What is your deal?	I gotta go.	Come on in, the water's fine.
Let's make it double or nothing.	You're green.	Hmmmm... What is that?
It's got a good beat and you can dance to it.	Is that a pool?	This is what kind of meat?

Does it hurt when I do this?	You are so fired.	The only thing to fear is fear itself... and snakes.
I just won a million dollars.	I love you.	Your breath is... interesting.
I like it crispy.	My word, am I good looking!	Yes, it hurts.
I'll be back.	Did you do number seven?	I am the greatest.
Please stay seated until the ride has stopped.	I feel like I'm about to vomit everywhere.	Honey, please take out the trash.

It's a bird, it's a plane, it's ...no it's a bird after all.	I could go for some Hot Cheetos.	There are monsters living under my bed.
I need to go to the toilet.	It's not my fault, it just popped.	That Beyoncé song is stuck in my head.
I'm all shook up.	Is that bacon I smell?	All things being equal, you lose.
Who cut the cheese?	Let's agree to disagree.	I didn't touch it.
There's no place like home.	I believe I can fly.	Was I snoring again?

I'm crying, OK?	I think it's starting to work.	Here, your résumé got caught in the photocopier.
How many fingers do you see?	That is an annoying lawnmower.	I just have a thing about toes.
Being number two is okay.	Wanna chill?	You have something in your nose.
There's a meme for that.	I like turtles.	You gotta be kidding me.
Is there room at your table?	Do you believe in magic?	Would you like fries with that?

You're a wizard, Harry.	R-E-S-P-E-C-T, find out what it means to me.	Be back in a flash.
That's so funny.	I can't believe I'm sitting next to you.	Palm trees are weird.
I love lima beans.	Oh boy, my soap is running out.	Does this have onion in it?
I have to wash the floor now.	I got 20 likes.	That's a funny little dog.
Add me on What's App.	To be or not to be, that is the question.	It's Mr. 3-0-5 checkin' in for the remix.

Do not try this at home.	Don't touch that. It's hot.	I am feeling moody.
It's as easy as pie.	I'm sweating like a pig.	Wait- wait- wait... never mind.
Oooo, you're in trouble.	Is this the Krusty Krab? No, this is Patrick.	Can you lick your elbow?
It tasted like butter.	You're a winner all right.	I can't reach this itch.
Fish licking is frowned upon.	This can't be good.	Don't move, let me get it.

I give it two thumbs up.	I'm going to change my name to "Dwyane."	We should call bread "raw toast."
I hope that's a Halloween costume.	Stop staring at the monkeys.	My chicken's got maggots in it.
I'm cuckoo for Cocoa Puffs.	I will always love you.	Is this going to be on the test?
What's for dinner, mom?	It tastes like unicorn poop.	Stop wiggling for a minute.
Underwear are not hats.	Is there a doctor in the house?	I don't think you're supposed to drink it when it's brown.

First you lather. Then rinse. Then repeat.	What is this garbage?	I just don't know.
We have left shoes and right shoes, but we don't have left socks and right socks.	I think it's getting better.	Why am I tired?
My word, are you smart!	Hey, look, it's the President.	Last night, I dreamt about orange peels.
I can't believe you said that.	I took a wrong turn at Orlando.	That is the weirdest smell ever.
Is a hotdog a sandwich?	Let me get some of that.	Tell me more.

Moods

Intensity Cards (Optional)

High	Medium	Low

High	Medium	Low

High	Medium	Low
High	Medium	Low