

## Guess the Emotion<sup>1</sup>

### Purpose of Activity:

1. To help participants understand how emotions can play a role in good health.
2. To help participants understand that we often communicate our emotions non-verbally.

### Materials needed:

1. Index cards with emotion words written on them, one word on each index card. See Suggested Emotion Words box below to create your own index cards or, a set of index cards with emotion words on them can be found in the T.R.A.I.L. Toolkit on [www.NAclubs.org](http://www.NAclubs.org)
2. Bag to put index cards in

### Instructions:

1. Point to the emotional quadrant of the laminated circle. Tell kids they're going to do a guessing game that relates to the emotional part of the "whole person."
2. Explain the following:
  - a. Sometimes we say a whole lot without speaking even one word.
  - b. We say these things with our bodies. Especially with our faces. It's called Body Language. Body Language is like words with no sound.
  - c. The silent words our bodies show are usually EMOTIONS.
  - d. Sometimes we know we're saying those silent words. But, sometimes we don't have any idea our faces are saying them.
  - e. Let's see how much we can "hear" someone else without their saying even one word.
3. Explain the rules of the game:
  - a. Everyone will take a turn drawing an emotion card from the bag. Then they have to make the rest of the group guess what emotion it is.
  - b. They can only use their faces and body stances to show the emotion. No hands. And, no words to explain what they're doing.
  - c. The first person to guess the emotion correctly gets to go next. But, if they've already had a turn, they should choose someone else to take their place. (Try to let everyone have at least one turn acting out an emotion.)
4. Play the game. You might need to help some kids read the words on their cards. They'll know what the word means, but they might not be able to read it.
5. Have a Group Discussion about what just happened.

Suggested Emotional Words	
<ul style="list-style-type: none"><li>• happy</li><li>• mad</li><li>• scared</li><li>• sad</li><li>• bored</li><li>• embarrassed</li></ul>	<ul style="list-style-type: none"><li>• amused</li><li>• pleased</li><li>• hurt</li><li>• cheerful</li><li>• satisfied</li><li>• sorry</li></ul>

<ul style="list-style-type: none"><li>• curious</li><li>• in love</li><li>• amazed</li><li>• disgusted</li><li>• interested</li><li>• fascinated</li><li>• nervous</li></ul>	<ul style="list-style-type: none"><li>• annoyed</li><li>• surprised</li><li>• worried</li><li>• excited</li><li>• caring</li><li>• shocked</li></ul>
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#### Suggested Group Discussion

1. Was it fun to guess people's silent words?
2. Were some emotions easier to guess than others? Why?
3. Which emotions do you think make a healthy "emotional" part of your Whole Person? Why?  
How do emotions affect the rest of the other parts of your whole person?  
*(too much worry can cause you to lose your appetite or not get enough sleep; anger can sometimes make you do dangerous or foolish things)*
4. Do you think now you'll pay more attention to what people might be feeling, even though they're not saying it in words?