

Ready4Success Toolkit Activities

Activity Title: Emotions Charades	Learning Domain: Social Emotional
Learning Objective/Rationale for Activity: Children need a chance to learn how to express their emotions in a healthy way. By acting out the emotions and talking about them, in a fun interactive way, children have the chance to learn how to deal with their emotions and behavior responses when they're not in the midst of an emotional outburst.	
Early Learning Content Standard(s) Met: Recognize and identify own emotions and the emotions of others. Communicate a range of emotions in socially accepted ways.	
Materials: Emotion cards- 2 sets	Activity Type: Small group
Activity Description: This activity can be facilitated on the circle time rug or in the large group area of the classroom. One set of emotion cards is will be used for children to draw from. Place the other is set of emotion cards out on the carpet so that all of the children can see them. Choose one child to be the “performer” and have him/her pick a card from the pile and act out the emotion for their friends. The other children in the group will attempt to guess the emotion that the “performer” is acting out. The children watching will guess which emotion the performer is imitating—they can either say the emotion, or grab the card with their guess on it and hold it up. The “performer” will then tell them if they were right or not. The teacher will facilitate this activity by choosing the “performer”, and prompting the children with questions such as “How do you think he/she is feeling?”, “What does his/her face saying?”, “Did they guess correct, was the emotion...”. Once the correct emotion is guessed, discuss how each child would handle that emotion or have them describe a time that they felt that emotion: For example: <ul style="list-style-type: none"> • “I see that you are acting out anger. What could you say to someone if they've done something to make you feel angry?”. • Tell me about a time when you felt happy? 	