

Games to help teach 'Emotions'

You can play these games with just one child and an adult or in small groups.

You will need:

- **A set of cards that show a variety of different emotions** e.g. happy, sad, excited, bored, angry etc. How complex the emotions will depend on the children's age and understanding.
- **A set of scenario cards**, these could be written down descriptions, pictures found online/from your therapist or you could even draw or photograph your own. Some ideas for scenarios include:
 - A person receiving a gift
 - Someone running from a threat
 - A foot being stepped on
 - An ice cream cone that has fallen on the ground
 - A tower created from toy blocks being kicked over
 - A person being left out/ignored by others



Be aware that some pictures might be examples of several different emotions e.g. angry and sad.

Before starting the games go through the cards and ensure that everyone can recognise the emotions on the cards.

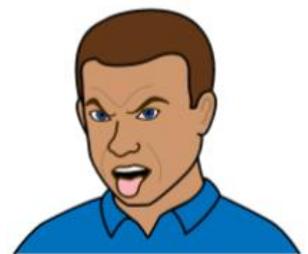
Guess the face



Shuffle the cards and put them face down. The first player picks a card and then mimics the expression on the card. The other player(s) have to guess the correct emotion. The person who gets in right first gets to keep the card.

Explaining emotions

Shuffle the cards and put them face down. The first player picks a card and thinks of a reason for the facial expression on the card. For example, if the player picks a card with a man showing disgust, the player might say "He just stepped in cow poo."



disgust

Matching



The idea is to match each facial expression card with a situation card that might make you feel like that e.g. person dropped their ice cream – sad, frustrated or angry. You can either take it in turns or make it competitive by dealing out the emotion cards to each player and placing one scenario card in the middle. The first person to find an emotion that matches wins the card.

Have fun and why not see if you can make up your own games 😊