

## **Mixed Emotions Game**

The mixed emotions game solidifies understanding of emotional vocabulary and associated responses. This game allows students to work together and learn from each other's responses. It also helps students learn from different perspectives, as emotions can be subjective. Students will be asked to act out an emotion, discuss when someone might feel this way, discuss what can be done to make someone feeling this way feel better, or identify the opposite emotion in order to move forward in the game. The more knowledgeable individuals are of emotions, the more equipped they are to deal with them.

### **Instructions**

#### **Determine Player Order and Game Piece Colours**

1. Take turns rolling the die. The player who rolls the highest number goes first, then the order goes clockwise. The player who goes last gets to pick their colour first, then the order goes counterclockwise.

#### **How to Play**

2. Roll the die. Flip over a board piece with the corresponding number on top (there are multiple of each number, choose one).
3. Read the emotion word.
4. Spin the spinner and follow the instructions indicated on the part you land on. The four options on the spinner are:
  - a. Act out the emotion
  - b. When might someone feel this way?
  - c. What can you do to make someone feeling this way feel better?
  - d. What is an emotion that is completely different from this one?

5. If the group agrees that you provided an acceptable answer, place one of your game pieces on that board piece. When all of the pieces are claimed, the game is over. If you roll a number and there are no available pieces left with that number on it, you miss your turn.

