



Emotions By High 5®

A Path to Emotional Intelligence and Personal Growth



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Name That Situation

This fun and playful activity reminds us of the complexity of emotions and how we often experience more than one emotion at a time.

Time: 10-15 minutes

How To: This activity uses both sides of the Emotions cards. Place the cards on the floor, single word side down. Have someone flip two of the cards over, revealing two different emotions. Challenge the group to name a situation where they have felt, or could imagine feeling, both of those emotions at the same time. After a few examples have been shared, have someone else flip over two new words and repeat the challenge.

Mix It Up: To turn this into a partner activity, give everyone a card. Have participants find a partner and reveal the single word side of their cards. The partner pairs then work together to name a situation where they have felt or could imagine feeling their two emotions at the same time. Have participants switch cards before finding a new partner and playing again.

Before challenging your participants, we recommend checking in to make sure everyone understands the definition of both words.



Secret Emotion

This activity encourages participants to work together and think more granularly and specifically about emotions, helping them consider what makes each emotion unique.

Time: 15-20 minutes

How To: This activity uses the single word side of the Emotions cards. Place the cards on the floor, single word side up, so you can read all the emotions. Secretly choose one of the emotions in your head. Explain that your group's task is to figure out which emotion you chose by asking a series of yes or no questions. Have participants take turns asking these questions. After you give yes or no as an answer, participants can choose which emotions to eliminate based on your answer. For example, if someone asked you if the emotion is considered high energy and you said yes, they might choose to take out any remaining low energy emotions. Keep going until there is just one card remaining and reveal whether or not that was the emotion you chose.

Mix It Up: If you have less time, choose a portion of the cards to lay out for the round. After the first round, you can break participants into smaller groups and let them take turns choosing a new emotion for the next round.

Participants have a tendency to ask questions that can eliminate a chunk of the emotions, but might not be helpful with getting specific with emotions. After the first round, consider adding categories of questions they cannot ask about, such as color or energy level.



Emotional Greetings

This playful activity encourages participants to step into the spotlight by dramatically saying a phrase, acting like they are experiencing a specific emotion.

Time: 5 minutes

How To: This activity uses the single word side of the Emotions cards. Start by having your participants agree on a greeting. For example, they might choose *Hey! How are you?* or *Hello friends*, or something else. Participants will take turns choosing a card, looking at the single word side. They are then challenged to say the greeting in a way that emotes the emotion that they chose. For example, if their emotion was *angry*, they might choose to have a tone that sounds angry as they say the greeting. Then, the rest of the group should try to guess the emotion before moving on to the next person's turn.

Mix It Up: To turn this into a partner activity, give everyone a card. Have participants find a partner and take turns greeting each other with the greeting you chose until their partner can guess their emotion. Have participants switch cards before finding a partner and playing again.

A good demo goes a long way with this activity. Consider stepping outside your comfort zone to model this activity before asking your participants to do the same.



Am I Happy or Enraged?

This interactive activity challenges participants to try and figure out the emotion on their card without being able to see it by asking their partners yes or no questions.

Time: 10 minutes

How To: This activity uses the single word side of the Emotions cards. It is really important that each participant gets a card but does not see the emotion on the single word side. Participants should hold their card up on their forehead, so everyone else can see their emotion. The task is for each participant to figure out what emotion word they have. Have participants find a partner and alternate asking a yes or no question about their emotion. Once both partners have asked a question, they can each make one guess about what their emotion is. If they are wrong, they should find a new partner and ask a different yes or no question about the emotion they have until they guess correctly.

Mix It Up: Instead of asking a yes or no question, have each participant give their partner a one-word clue about the emotion they are holding up.

This activity can be a good warm up to Secret Emotion because it lets participants practice thinking about and asking yes or no questions related to emotions.



Common Emotion

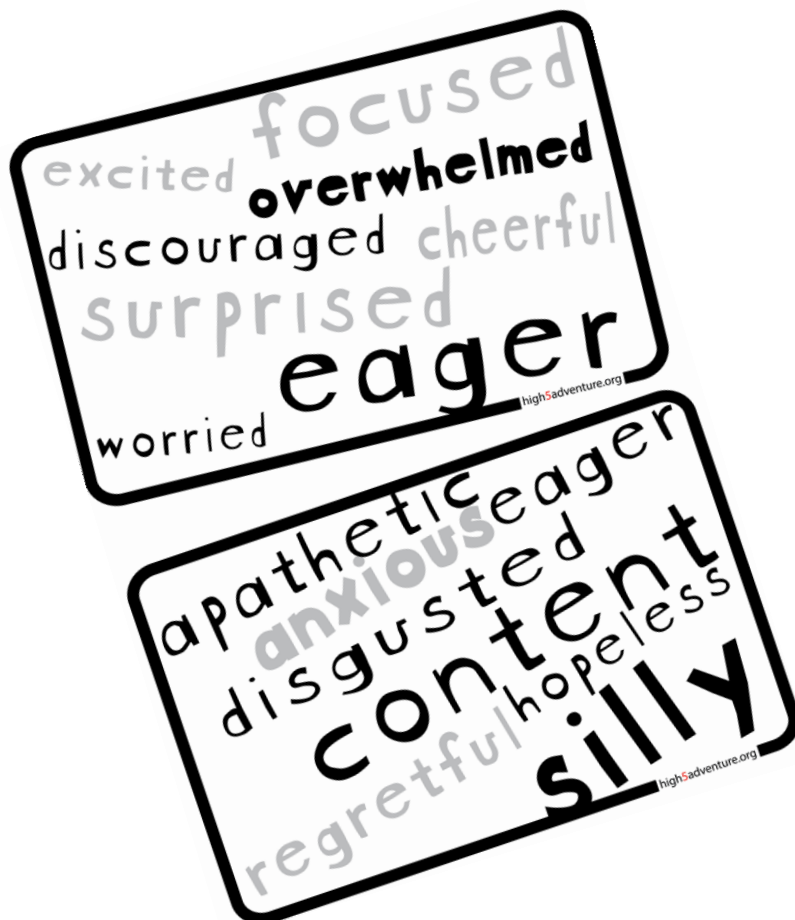
This fast-paced activity challenges participants to be the first to find the matching emotion on their cards.

Time: 5-10 minutes

How To: This activity uses the multi-word side of the Emotions cards. Start by giving each participant a card and have them find a partner. On the count of three, each partner should show the multi-word side of their card. Then, each of the partner pairs races to find the emotion the two cards have in common. Once they have found the matching emotion, they should then have a conversation to find out something they have in common that they didn't already know about. Have partners switch cards before finding a new partner and playing again.

Mix It Up: To allow for more emotions related conversation, once the partner pair has identified the emotion their cards have in common, have them then name a situation where they would both experience that emotion. For example, if the emotion was *insecure* and they would both feel insecure if they woke up with a pimple on their nose in the morning, then they could switch cards and find a new partner.

This activity is a great warm up before playing Emotion Champion.



Emotion Champion

This light-hearted and often loud activity challenges participants to compete to see who will hold the title of Emotion Champion.

Time: 5-10 minutes

How To: This activity uses the multi-word side of the Emotions cards. Start by giving each participant a card. Have participants find a partner. On the count of three, each partner should show the multi-word side of their card. Then, each of the partner pairs races to find the emotion their cards have in common. The winning partner takes the losing partner's card and finds another partner to play. The losing partner becomes the winning partner's biggest fan, cheering them on against their new partner. If a player who loses already has fans, the winner gets both the losing partner and all of their existing fans. Eventually, there will be two players left with the rest of the group standing behind them, cheering them on in the championship round. The winner of the final round is the Emotion Champion.

Mix It Up: In its traditional form, only the winning partner can call out the matching emotion with their next competitor. None of their fans may help. To make this a more collaborative game, allow the losing partner to help spot the matching emotion in the winning partner's next match up.

This activity is best done after playing Common Emotion. Additionally, consider having the championship round be best two out of three.



Heads UP

Participants take turns acting out and describing emotions in this fast-paced game of team charades, working as a large group.

Time: 15-20 minutes

How To: This activity uses the single word side of the Emotions cards. Start by dividing the participants into two groups. Have the groups sit shoulder to shoulder with each other and across from the other group. The two groups should only be a couple feet apart. As the facilitator, start by standing behind one group. Hold up one of the cards. The group that can see the card, the describing group, is trying to describe and/or act out the emotion so the other group that cannot see the word, the guessing group, can guess the emotion. Once one person in the guessing group correctly guesses the emotion, hold up a new card with a different emotion. After a few minutes, switch sides, so the describing group becomes the guessing group and the guessing group becomes the describing group.

Mix It Up: To level up this activity, consider playing in rounds. In the first round, the describing group can use a combination of acting and talking to get the guessing group to guess the emotions. In the second round, the describing group can use a combination of acting and only say one word (repeatedly) to get them to guess. In the third round, the describing group can use a combination of acting and only make one sound (repeatedly) to get them to guess.

This activity can get loud pretty quickly. If you would prefer your participants working in quieter, smaller groups, see the activity [Emotions Charades](#).



Emotional Charades

Participants take turns acting out and describing emotions in this fast-paced game of team charades, working in small groups.

Time: 15- 20 minutes

How To: This activity uses the single image side of the Emotions cards. Divide the participants into groups of four to six and have them sit together. As the facilitator, sit in the middle of the groups with the stack of cards. Each group should determine an order for them to take turns coming to get a card from the deck. Whoever comes up to take a card should go back to their group and act out and/or describe the emotion until someone from their group is able to guess it. Once someone correctly guesses the emotion, the next person from their group should go get a new card and repeat the process. Each of the groups are working simultaneously and should keep rotating through their order until the pile of cards is gone.

Mix It Up: To make it more difficult, don't allow participants to talk and describe the emotions, but have them instead only be able to act the emotions out.

When participants come up to get a card from the deck, it is helpful to check and make sure they understand what the emotion means. Give them the option to choose a new card if they don't, but be sure to do *Defining Emotions and Sorting Emotions* after this activity.



Defining Emotions

This conversation-based activity helps participants understand the meaning of different emotions so everyone is on the same page to develop common language and understanding.

Time: 20-25 minutes

How To: This activity uses the single word side of the Emotions cards. Start by spreading the cards, single word side up, so participants can see all of the cards. Invite participants to share words that they either do not recognize or are unsure of what the emotion means. As emotions get brought up, facilitate a conversation about what the word means, what emotions are similar but different, or when or where they might have felt or heard the emotion before. If time allows, ask participants to share a story or two of when they have experienced that emotion before.

Mix It Up: Many of us often misuse emotions words and mean one thing but say another. Consider going even further in developing emotional vocabulary by facilitating a conversation around commonly mixed-up words. For example, ask and talk about the difference between emotions such as *envious* and *jealous*, *nervous* and *anxious*, *stressed* and *overwhelmed* or *embarrassed* and *ashamed*.

This activity is best paired after doing Heads Up or Emotions Charades and before diving into Sorting Emotions. Keep in mind during this activity that asking questions like Who else feels that way can go a long way in normalizing and validating experiencing a range of emotions when students share something that might be vulnerable.



Sorting Emotions

This conversation-based activity introduces participants to the Mood Meter, developed by Yale's Center for Emotional Intelligence. The Mood Meter gives us common language to think about, describe, and categorize emotions.

Time: 20-25 minutes

How To: This activity uses the single word side of the Emotions cards and the Mood Meter label cards. Create an open space and place down the Mood Meter labels creating a grid with four quadrants so *high energy & unpleasant* is in the upper left, *low energy & unpleasant* is in the lower left, *high energy & pleasant* is in the upper right, and *low energy & pleasant* is in the lower right. Introduce the Mood Meter if you have not already done so. Ask participants to give an example of emotions that would be found in each of the colors of the Mood Meter to make sure everyone understands. Then, hand out the Emotions cards so each participant has a few to work with. Ask participants to think about the energy level and pleasantness level associated with the emotion on their card and place it accordingly in that quadrant. Keep going until all the emotions are spread out in one of the four quadrants. As participants look at all the emotions spread out, this is when they often notice that the emotions are color coded with a border that correlates with the Mood Meter.

Mix It Up: Once the emotions are all laid out in one of the quadrants, have participants walk around and look at where the emotions landed. Then, ask participants to share if they disagree with the placement of any of the emotions. If so, use it as a conversation starter about why two different people might put the same emotion in two different quadrants. This is often the case with emotions like feeling *tired, bored, or surprised*.

This activity is best used after introducing the Emotions Cards and words. We recommend starting with Heads Up or Emotions Charades and then Defining Emotions. If you don't have enough time, consider doing a quick round of charades by describing a dozen emotions as a warm up.

More about the Mood Meter on next page.



The Mood Meter

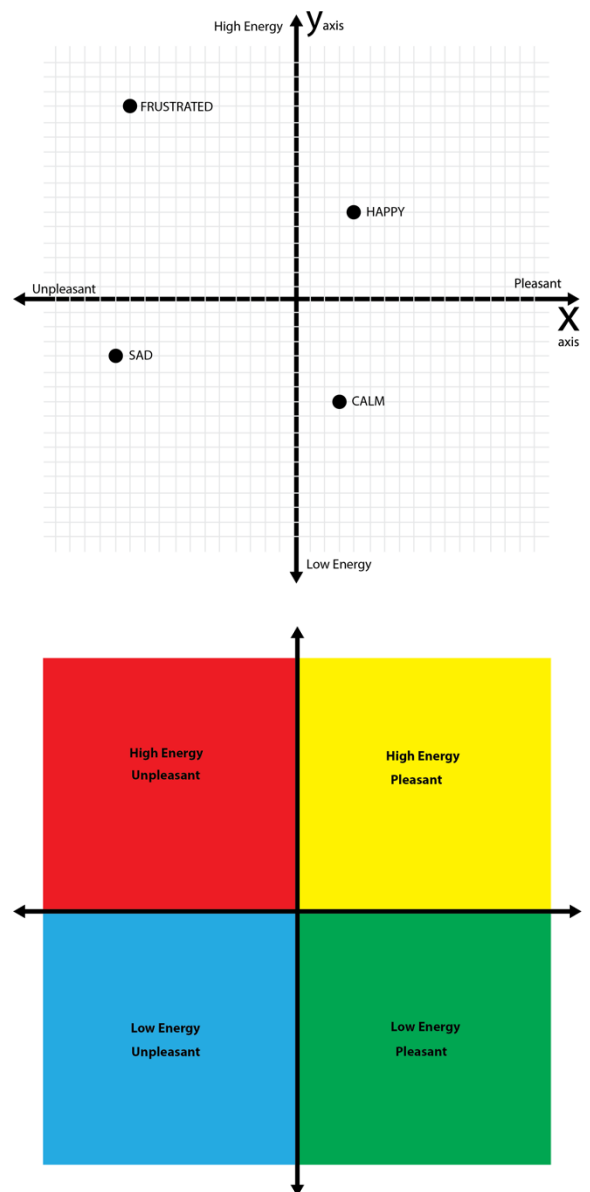
Emotions cards were designed to be used in conjunction with the Mood Meter, a tool developed by Yale's Center for Emotional Intelligence. The meter helps people of all ages develop emotional awareness and a better understanding of the influence emotions may have on our behavior, a key first step in developing practical emotional management skills.

The tool plots emotions and feelings on a graph creating four categories. The x-axis of the graph plots emotions from pleasant to unpleasant while the y-axis plots energy, high to low.

The four quadrants are color coded. Red emotions are labeled high energy and unpleasant, yellow as high energy and pleasant, blue as low energy and unpleasant, and green as low energy and pleasant. Each emotion card's border is color coordinated to its specific quadrant on the mood meter.

The Mood Meter allows people familiar with the tool to quickly identify their emotional state by saying, "I'm in the red and need to take a break."

There are a variety of applications for the Mood Meter from emotional literacy, communication and awareness, and most importantly to develop appropriate management strategies.



When discussing emotions and feelings it's important to remind people that all emotions are okay, they are valid and worth discussing and there is never anything wrong with feeling any particular way. However, unlike emotions, not all behaviors are okay and therefore we'll need to learn to manage our behaviors in a safe and productive manner.

Mapping Emotions

This reflective activity asks participants to think about the emotions they might experience in a variety of situations. It encourages both self-awareness and social awareness of emotions.

Time: 15-20 minutes

How To: This activity uses the Mood Meter label cards. Create an open space and place down the Mood Meter labels creating a grid with four quadrants so *high energy & unpleasant* is in the upper left, *low energy & unpleasant* is in the lower left, *high energy & pleasant* is in the upper right, and *low energy & pleasant* is in the lower right. Introduce the Mood Meter if you have not already done so. Explain that you are going to, one at a time, say a scenario or situation out loud. Participants should consider which emotion they would most likely experience in that situation and then stand in the corresponding quadrant of the Mood Meter. Once everyone is standing in one of the quadrants, they should look around to see everyone else. Allow time for participants to share either why they are standing in the quadrant they are in or what they notice about the group before having everyone step back to reset. Read the next scenario aloud and repeat the process.

Mix It Up: You can incorporate the Emotions cards into this activity. After the words are organized and spread out based on the Mood Meter after finishing *Sorting Emotions*, leave the words where they are. Give each participant a placeholder for themselves, like an index card with their name on it. Call out a scenario, and instead of having participants stand in the quadrant of the Mood Meter they would most likely be experiencing, have participants place their index card, or other object, on the emotion that they would most likely experience. This adds a layer where everyone can see not just the range in quadrants of the Mood Meter that people in the group may experience, but also the range of emotions within a quadrant as well.

This activity is best used after introducing the Mood Meter and facilitating *Sorting Emotions*. Choose scenarios that are relevant to your group and what you are talking about or working on. For example, with a group of sixth grade students, you might use scenarios like giving a presentation in front of the class. Also consider letting participants share different scenarios they are curious about.

Emotion Prediction

This luck-based guessing activity challenges participants to take a risk and name what emotion will not be the match on the next card.

Time: 10-15 minutes

How To: This activity uses the multi-word side of the Emotions cards. Start by shuffling the deck of cards while the group forms a circle. Explain that their task is to get as many points as possible as a group. Hold up one of the cards so everyone can see the multi-word side. Taking turns, each participant will look at the eight emotion words on the card and make a guess about which emotion *will not* be the matching emotion word on the multi-word side of the next card. For each correct guess, the group gets a point. Once someone makes a mistake, meaning they predict the emotion that actually is the match with the next card, then the score resets and you keep playing.

Mix It Up: There are a few ways to mix up this activity. Consider reducing pressure by having the whole group agree on what emotion will not be the match or adding pressure by having participants have to guess which emotion will be the match. You could also use the single word side of the cards and have participants guess which color border the next card will or will not have.

For this activity, make sure that everyone knows that any two of the Emotions cards will always have one, and only one, emotion in common on the multi-word side with every other card in the deck.

Questions About Emotions

This conversation-based partner activity sparks conversation about emotions between participants.

Time: 10 minutes

How To: This activity uses the single word side of the Emotions cards. Start by giving each participant a card. Have participants find a partner. Each person should share the question that is on the single word side of their card. Once they have heard both questions, they should choose one to answer together. Have partners switch cards before finding a new partner and playing again.

Mix It Up: Instead of facilitating this as a partner activity, consider using the questions with the whole group. Choose a card from the deck of Emotions cards and ask the question on the card to the group. Anyone can choose to answer before someone picks up another card and asks the corresponding question.

There is no right or wrong answer with many of the questions. They are designed based on conversations we have had with our participants in real time while facilitating conversations and activities based on emotions.

