



MATCH THE EMOTION

Increase student awareness of emotions, and the multitude of ways they can show up with this interactive matching game.

INSTRUCTIONS

Each player flips a card over and then tries to find the matching card - if you get a match, you go again! If you don't get a match, it's the other player's turn. Once the student finds a match they have to name the emotion and then show the emotion to the class!

PREPARATION

- Download, print copies, and cut the matching card sets for the students in the class (the teacher can decide how many they want to print out depending on how many students play together).
 - Laminate the cards to use them multiple times.

ACTIVITY

- 1 Start the activity by reviewing emotions.

- Can you name an emotion?
- What does the emotion look like?
- What does that emotion sound like?
- What does the emotion feel like?
- Why would you feel that emotion?



- 2 Set the stage.

- Teacher will instruct students on how to play the matching game.
- Cards will be flipped over so the students cannot see what's on them. Each student will get to flip over 2 cards. If they find a match, they have to name and show an example of the emotion.
- Students can play over and over again (there are so many different ways our emotions can show up).

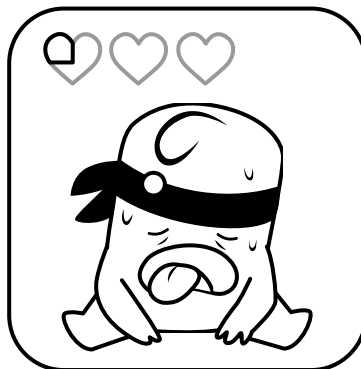
MATCH THE EMOTION



MATCH THE EMOTION



MATCH THE EMOTION



MATCH THE EMOTION

ANGRY

ANXIOUS

HAPPY

PROUD

ANNOYED

NERVOUS

MEH

MISCHIEVOUS

EMBARRASSED

EXCITED

SAD

SILLY

FRUSTRATED

ENERGETIC

TIRED

CREATIVE