

# HEI Activity: Acting Out Emotions

This group activity is best suited for children ages 3 to 4 years old and can be adapted for individual children (see notes).



## Materials

- Drawings or photos of emotions (see preparations)
- Timer (optional)

## Preparations

- Before conducting the activity, ask children to draw faces of people expressing different emotions or ask them to act out the emotions, take photos and print them out. You can also write out the name of the emotion on each picture/photo.
- Suggested emotions: happy, sad, surprised, excited, angry, tired, disgusted, bored, proud, nervous

## Activity flow

- Form small groups of children and ask them to form a circle. Put the emotion pictures face-down in the middle of the circle.
- Encourage one child at a time to take an emotion card without showing it to anyone else.
- Ask them to act out the emotion on the card while the other children try to guess what the emotion is. If someone guesses the right emotion, that child gets the card. You can use a timer if you wish to limit the amount of time that the children have to guess the emotion.
- Go around the circle so that every child has an opportunity to act a few times.

## Note

- Support children in dealing with disappointment if they are not the one to guess the emotion.
- If you are a parent with one child, you can adapt this game by playing with each other.