

WHAT'S THE EMOTION?

ACT IT OUT!

FILL IN THE BLANK

WHEN IS SOMEONE



WHAT WOULD YOU DO?





How to Make




- 
- 1 Cut out the wheel** on page 1 and place it on an even surface.
 - 2 Cut out the Act It Out cards** on page 3 and place face down in a pile (optionally, make your own Act It Out cards on page 4).
 - 3 Make a spinner.** Use a pencil tip and a paper clip to make a spinner. Place a paper clip in the center of the spinner. Place the pencil point in the center of the spinner and push the end of the paper clip so it rests behind the pencil point and spin!
- 

How to Play




Two or more players



Spin the wheel. If the "Act it Out" category is chosen, pick one of the Act It Out Cards and act out the emotion without using words. Other players will need to guess the emotion.

If any other category is chosen, another player will choose a question for you on page 5.

Take turns spinning the wheel!



Act It Out Cards



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FRUSTRATED



HAPPY



ANGRY



SAD

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EMBARRASSED



NERVOUS



DISAPPOINTED

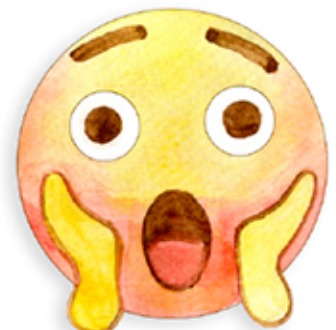


CONFUSED



PROUD

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SCARED

CREATE YOUR OWN

Act It Out Cards



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WHAT WOULD YOU DO



1. if your friend fell at the park and got hurt?
2. if your friend did something kind for you?
3. if you saw someone lonely on the playground?
4. if your friend got first place in a race?
5. if you saw someone who looked embarrassed?
6. if you saw someone jumping for joy?
7. if your friend is nervous to try out for a team sport?
8. if your friend was moving far away at the end of the year?

Make Up Your Own!

- if your friend _____?

WHEN SOMEONE IS _____



1. happy, you can _____.
2. embarrassed, you can _____.
3. surprised, you can _____.
4. lonely, you can _____.
5. disappointed, you can _____.
6. nervous, you can _____.
7. proud, you can _____.
8. frustrated, you can _____.

Make Up Your Own!

- is _____, you can _____.

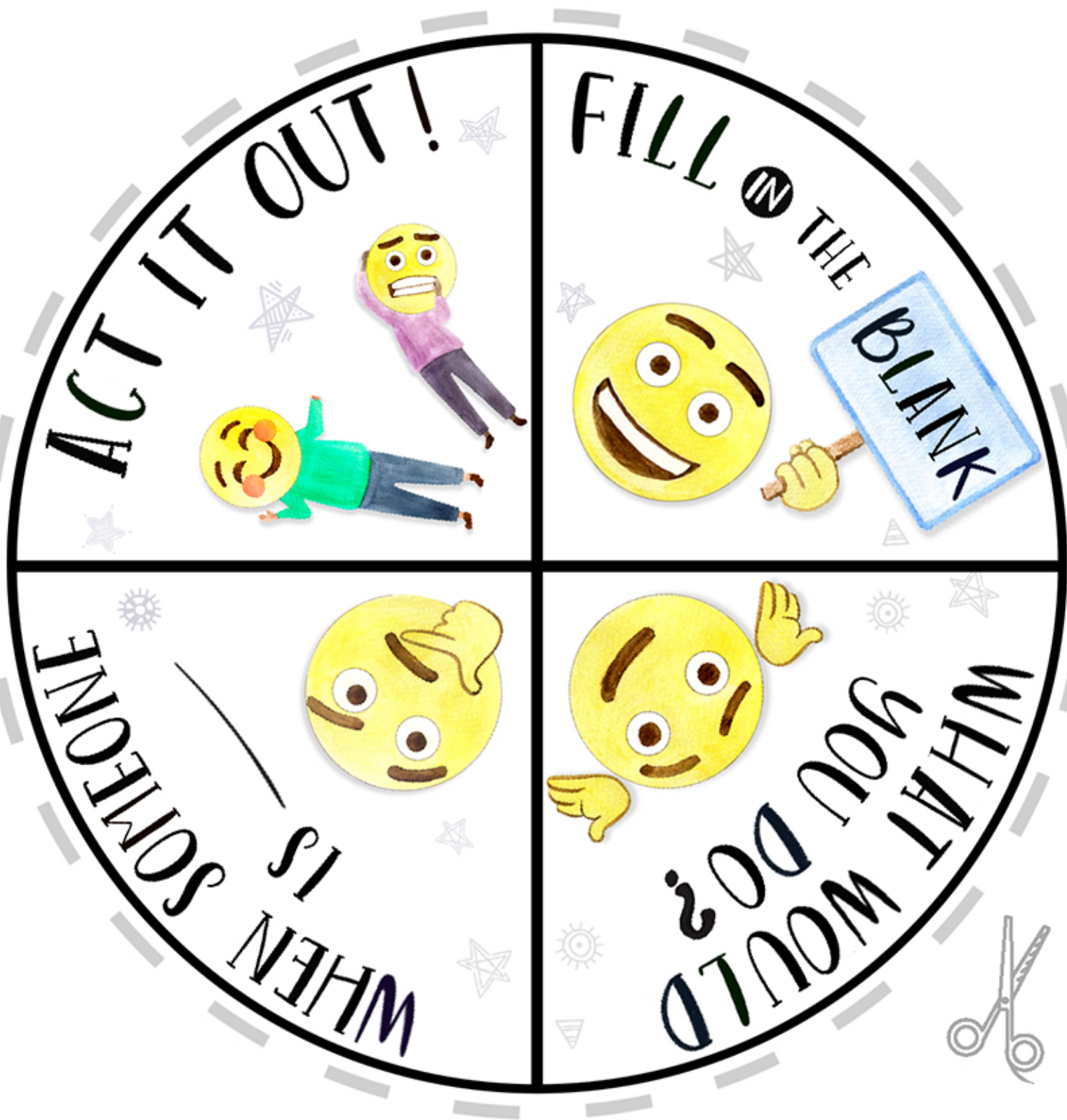
FILL IN THE BLANK



1. You feel _____ when your friend doesn't want to play with you.
2. You asked some kids at the playground to play and they said YES! You feel _____.
3. It's your birthday and someone gives you a present you really wanted, you feel _____.
4. When you don't want to do your homework, you feel _____.
5. When you put a very complex puzzle together, you feel _____.
6. When you go to your favorite restaurant, you feel _____.
7. You miss the winning shot at your game and you feel _____.
8. When you are playing with your friends, you feel _____.
9. Your friend said they would come over to play but got sick, you feel _____.

Come up with your own situation!

WHAT'S THE EMOTION?



Key Strategies

to teach **CHILDREN EMPATHY**

Big Life Journal



3-5 YEARS

- **DESCRIBE AND LABEL** - Help children recognize their emotions and body, "You're clenching your fists. You stomped your feet. You seem angry."
- **READ STORIES** and discuss character's feelings
- Make a **WE CARE CENTER**
- Coach their **SOCIAL SKILLS**



5-7 YEARS

- Use **PICTURES** - Cut out pictures from magazines or print pictures that show sad, angry, or happy faces.
- **EMBRACE DIVERSITY** - Help children understand what they have in common with others.
- **OBSERVE OTHERS** - Note the body language of others and guess how they might be feeling.
- Teach about **HEALTHY LIMITS** and their own boundaries



7-9 YEARS

- Engage in high-level **DISCUSSIONS** about book characters
- Try loving kindness **MEDITATION**
- Engage in cooperative **BOARD GAMES**



9-11 YEARS

- Sign up for **ACTING CLASSES**
- Create **EMPATHY MAPS** - Choose an emotion, then brainstorm what you might say, think, and do when you feel that way



12+ YEARS

- Discuss current **EVENTS**
- Encourage your child to choose **VOLUNTEER WORK**
- Try "**WALK THE LINE**" activity - perfect for classrooms, summer camps, or other places with a large group of older children/teens