



What you need

- **x6 Emotion Scenario cards**, printed on A4 paper and laminated.
- **x6 I could... cards**, printed on A4 paper and laminated.

Instructions

1. The class sit on the mat or in a circle. The teacher places the cards on the floor or board ledge.

The teacher then:

2. Places each of the 6 Emotion scenario cards out, emoji mascot facing up.
3. Places each of the 6 *I could...* cards out, emoji mascot facing up.
4. Asks the children to match the card sets—eg. match the two Sad cards together, the 2 Angry cards together and so on, (Sad, Angry, Scared, Excited, Upset, Happy).
5. Selects one Emotion scenario card and hold up the emoji mascot (eg. Sad).
 - What is the name of this feeling?
 - Who has felt sad about something?
 - What does it feel like?
 - Where do you feel a sad feeling? (students may name tummy, chest, head, etc.).
 - Let's hear about someone who feels sad.
6. Reads the scenario aloud.

For example, (Sad scenario): *I feel sad. My best friend is sick today and I have no one to play with at lunchtime.*
7. Asks: *Has that happened to anyone? Did it make you feel sad or a different feeling?*
8. Says: *Now we're going to help the person who feels sad. We all feel sad sometimes so its good to think about what we can do when we feel that way.*



HOW TO PLAY Feelings in Focus card game

9. Holds up the matching *I could...* card and reads: *Here is the suggestion: I could... find another friend to play with.*
10. Asks: *If this were you, what do you think you could say to your other friend?*
11. *What else could this person do to make themselves feel better if their best friend is sick today and they have no one to play with at lunchtime?*
12. Select another 2 cards (one Emotion card and *I could...* card) and continue Steps 4-11.

Optional introductory activities

- The teacher could display the six I'm feeling cards – with the mascot image facing up, e.g. angry, happy etc. Showing one card at a time, ask students to identify a feeling they may associate with the card. Note – all answers are acceptable in discussion.
- The teacher could write the six feelings on the board – *Sad, Angry, Scared, Excited, Upset, Happy* and ask students to match one at a time with one of the I'm feeling cards.

Optional follow-up activities

- The teacher could ask students to **think about a different scenario** for any one of the emotions. Students could draw the emoji mascot and the scenario.
- Have a **class discussion** about the feelings and where in the body they might feel the feeling, sets (*Sad, Angry, Scared, Excited, Upset, Happy*). The class may think about what a feeling looks like – what colour it would be, what shape etc. Students could **select a feeling and draw it**.
- The students **could draw an emoji mascot** (*Sad, Angry, Scared, Excited, Upset, Happy*) and stick it onto a **body map poster** to show where on the body they can feel that emotion.
- The teacher could ask students to think of other ***I could...* suggestions** for any one of the emotions.