



SOCIAL AWARENESS: FEELINGS CHARADES

Play a game of charades that helps practice social and emotional skills through a fun, collaborative experience.

TIME

15-20 minutes

PARTICIPANTS

First Grade and Up and all Family Members

MATERIALS

Marker or other writing tool, paper (large chart paper is nice but not necessary), timer

DIRECTIONS

1. Families can gather in an open space that will allow room for acting out and/or at a table that will allow space for drawing/sketching.
2. Set a timer for one minute. Take turns with your child acting out or drawing a particular emotion and have the other person/people guess the emotion being acted out or drawn.
3. Take turns acting out emotions and guessing. To ensure laughter, do an exaggeration round where each emotion needs to look as big and intense as the actor can make it.
4. Play ten rounds and count how many as a family you were able to successfully act and guess.

REFLECTION

- Which emotions were easy to identify?
- Which emotions were hard to identify?
- Do you notice your family's faces when they change with a particular feeling?
- What's the funniest face tied to an emotion?
- What's the most challenging emotion?
- What social and emotional skills do you feel were used while doing this activity?

SOCIAL AND EMOTIONAL SKILLS

- **Social Awareness** – Practice with empathy, identifying others' feelings.
- **Relationship Skills** – Practice collaborating, communicating with and listening to verbal and nonverbal cues from others and following a shared set of rules
- **Self-Management** – Practice with turn-taking and being mindful in the moment.



PTA HEALTHY LIFESTYLES

TIPS AND ALTERNATIVE WAYS TO PLAY

- For younger children, pair them with an older family member who can help them think about the different emotions they may wish to act out. Those pairs (older paired with younger) can guess together as well.
- Dinner Guessing Game – Go around the dinner table and ask, “*how was your day?*” and require the respondent to only offer a feeling face and gesture. Other family members guess the feeling. You can then each take the part of your favorite movie, television or book character and ask that character, “*Darth Vader, how are you feeling today?*”
- Engage your children in a pre-game activity in which you find various emotions represented in magazines, family photos, or make emotion cards. These cards can then be used in the charades game to pull from a deck of emotions to act out or draw.

