

## Elementary School Youth Activity: How Do Emotions Impact Us? Infusing Emotional Intelligence Into Out-of-School Time

### Video 1

Note: This youth activity for elementary school-aged children connects directly to the learning from the "[How Do Emotions Impact Us](#)" staff activity from Video 1 and is an iteration of that activity. For this reason, we suggest that your staff have viewed the video and completed the accompanying staff activities prior to facilitating this activity with youth.

**Activity Summary:** In this activity, youth will:

- Get curious about their emotions using the “Emotions Matter” mindset
- Recognize that we all feel many emotions through the day
- Consider how emotions affect their relationships with family, friends, and loved ones

#### Materials

Optional: Emotion word cards\*, pre-cut and located on page 4

Time: 15-20 minutes

#### Facilitator Directions

1. Ask youth to sit in a circle.

2. Introduce the “emotions matter” mindset:

*“Our emotions are important because they give us information. In one day, we feel many different emotions. While some of these emotions are pleasant and some are unpleasant, they all give us information. We’re going to practice being emotion scientists, which means we are curious about our emotions like scientists. Let’s try it together. Can you think about an emotion you felt today?”*

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#### Emotion Word Bank

Lonely	Bored
Excited	Angry
Worried	Calm
Annoyed	Happy
Safe	Confident

3. Provide youth the sentence frame: "I felt [emotion] when [situation]." (e.g. I felt mad when I dropped my lunch today.) Give an example from your own life. Call on a few youth to share as well.

4. Say:

*"So just in our group, we have many different emotions we've felt today! Sometimes our emotions are helpful, and sometimes they are not. Our emotions affect us in five areas: our ability to pay attention, remember and learn, have healthy relationships, make good decisions, be creative, and feel healthy physically and mentally."*

5. Explain that today we are going to think about our relationships. Emotions can impact relationships with friends, siblings, caregivers and relatives, etc. This can look like our emotions helping us feel close to others, or emotions may cause us to move away from them.

Ask the following questions:

- "What specific feelings may help you to make friends? To keep them? What specific feelings may help you stay friends with the ones you already have?"
- "What about feelings that may get in the way of making or keeping friends?"
- "What about your family? What feelings may help you to be close with your family members? What feelings may make you feel less close?"

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6. Show youth how someone might express anger (for instance, furrowed brows, stomping, sighing loudly) without saying what emotion you're showing, and ask them to guess what you're feeling. Ask them to think about how anger can be either helpful or unhelpful in relationships and why. Call on a few youth to share. Make sure there are examples of how anger can be both helpful (e.g. when we stand up for a friend who was treated unkindly) and unhelpful (e.g. when we take our anger out on someone who doesn't deserve it).

7. Ask youth to turn to a partner(s) in the circle.

- Using the pre-cut emotion word cards, or picking from the list, select an emotion word and act it out for youth.
- First, have them guess what emotion you're expressing.
- Next, ask partners to discuss how that emotion might help or hinder their relationships with others. Repeat a few times (or as long as time permits), selecting a different emotion word and area of impact each time.

*E.g. How does feeling happy help or hinder us from making friends?  
How does feeling annoyed help or hinder us from being a friend?*

8. Debrief using the following question:

- How can emotions help you be a better friend?

Note: This activity can be repurposed to reinforce how emotions impact other areas of our lives.

- Replace relationships with one of the following areas:
  - attention, memory, and learning
  - decision making
  - physical and mental wellness
  - creativity

Create questions and examples related to the new area of impact to use throughout the lesson.

## Elementary Emotion Word Cards

**confident**  
(yellow)

Self-assured about your abilities or qualities or an expected outcome

**excited**  
(yellow)

Enthusiastic about something in the future

**happy**  
(yellow)

Glad or pleased; filled with joy

**angry**  
(red)

Strongly annoyed about a perceived injustice

**worried**  
(red)

Troubled about actual or potential problems

**annoyed**  
(red)

Bothered by something displeasing or uncomfortable

**lonely**  
(blue)

Sad because you feel alone or disconnected

**bored**  
(blue)

Tired of or lacking interest in something or someone

**calm**  
(green)

At ease; free of worry, stress, anger, or excitement

**safe**  
(green)

Feeling protected from danger or risk and unlikely to be harmed