

Youth Activity: Act Out That Emotion! Enhancing Social and Emotional Skills with RULER

Video 2

Note: This youth activity connects directly to the learning from [the Act Out That Emotion staff activity](#) from Video 2 and is an iteration of that activity. For this reason, we suggest that your staff has viewed the video and completed the accompanying staff activities prior to facilitating this activity with youth.

Activity Summary: In this activity, youth will:

- Build their emotion vocabulary.
- Test their ability to recognize emotions in others' facial expressions and body language.
- Consider how people express emotions differently.

Time: 20 - 30 minutes

Materials

- Pre-cut emotion word/definition cards (located at the end of document). You might want to print and cut multiple sets depending on the size of your group.

Facilitator Directions

1. Introduce the activity:

“Everyone wants to be seen and understood. The more we practice recognizing our own emotions, the more likely we will be able to accurately share them with others. And the better we are at recognizing others’ emotions, the more likely we will be to make them feel seen and understood. Today, we’re going to learn some emotion words and practice recognizing emotion in others.”

2. Share the list of feeling words on a poster or display board. Distribute pre-cut emotion word cards and definitions. Have youth match emotion words and definitions. This activity could be done whole group, small group or independently if it is developmentally appropriate to do so. Once complete, review answers together.

Elementary School	Middle School	High School
angry	confident	confident
calm	excited	connected
excited	jealous	embarrassed
sad	connected	anxious
proud	lonely	frustrated
worried	successful	motivated
	disrespected	accomplished
	frustrated	relaxed
		disrespected
		lonely

Youth Activity: Act Out That Emotion!

Enhancing Social and Emotional Skills with RULER

Video 2

Facilitator Directions

4. Act out one of the emotion words from the word list, and ask youth to guess your feeling.
5. Divide the youth into groups. Ask each group member to choose one feeling word from the list without sharing their word with anyone. If working with younger or pre-literate students, you can hand them an emotion card from the previous activity and verbally whisper the word to them.
6. Allow one minute for everyone to think about how they will use gestures and facial expressions to communicate their feeling word (without words or sounds).
7. Group members take turns expressing their feeling words while the rest of the group tries to guess the correct word. All members should be given the opportunity to guess before the “actor” reveals their word.
8. Come back together as a whole group to discuss the experience.

Select question(s) that are appropriate for the age group of your youth.

- Which feeling words were easier/harder to act out? Why?
- Which feeling words were easiest/hardest to guess? Why?
- How did you feel when the group could not guess the feeling word you were acting out?
- Can you think of a time when you felt any of the feeling words? Explain when, and what that looked and felt like in your face and body.
- What are the possible consequences of misreading emotions in life?

Emotion Word Matching: Elementary School

angry (red)	Strongly annoyed about a perceived injustice
sad (blue)	Unhappy
calm (green)	At ease; free of worry, stress, anger, or excitement
excited (yellow)	Enthusiastic about something in the future
proud (yellow)	Pleased with achievements or qualities of your own or someone close to you
worried (red)	Troubled about actual or potential problems

Emotion Word Matching: Middle School

confident <i>(yellow)</i>	Self-assured about your abilities or qualities or an expected outcome
jealous <i>(red)</i>	Suspicious that someone close to you cares about someone else more than about you
excited <i>(yellow)</i>	Enthusiastic about something in the future
connected <i>(green)</i>	Feeling close to someone or part of a community
lonely <i>(blue)</i>	Sad because you feel alone or disconnected
successful <i>(green)</i>	Feeling like you have achieved a goal or attained a certain level of prestige or accomplishment
frustrated <i>(red)</i>	Irritated because you feel your efforts are not enough to change or achieve something
vulnerable <i>(blue)</i>	Feeling like you might get hurt emotionally or physically

Emotion Word Matching: High School

confident <i>(yellow)</i>	Self-assured about your abilities or qualities or an expected outcome
connected <i>(green)</i>	Feeling close to someone or part of a community
embarrassed <i>(red)</i>	Self-conscious and uncomfortable about how you think others are perceiving you
anxious <i>(red)</i>	Worried and uneasy about something with an uncertain outcome
frustrated <i>(red)</i>	Irritated because you feel your efforts are not enough to change or achieve something
motivated <i>(yellow)</i>	Enthusiastic about doing something
accomplished <i>(yellow)</i>	Feeling highly skilled or successful in your achievements
relaxed <i>(green)</i>	Free from tension and anxiety
vulnerable <i>(blue)</i>	Feeling like you might get hurt emotionally or physically
lonely <i>(blue)</i>	Sad because you feel alone or disconnected