

## Act Out That Emotion

### Enhancing Social and Emotional Skills with RULER

#### Video 2



**Activity Summary:** In this activity, staff will test their ability to recognize emotions in others' facial expressions and body language and will analyze how people express emotions differently.

#### Materials

Emotion Word List  
(see page 2)

**Time:** 15-20 minutes (excludes video watch time)

#### Facilitator Directions

##### 1. Introduce the activity:

*“Everyone wants to be seen and understood. The more skilled we are at recognizing our own emotions, the more likely we will be able to accurately share them with others. And the more skilled we are at recognizing others’ emotions, the more likely we will be to make them feel seen and understood.”*

2. Divide the room into groups. Distribute the Emotion Word Cards or verbally share the following emotion words from page 2.

3. Ask each group member to choose one feeling word from the list without sharing their word with anyone. Once everyone has chosen a word, hide the list.

4. Allow one minute for everyone to think through how they will communicate their feeling word using only gestures and facial expressions (no words or sounds).

5. Group members can take turns acting out 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.

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6. Come back together as a whole group to discuss the experience.

- What surprised you about your ability to recognize emotions?
- Which feeling words were easier/harder to guess?
- Why do you think that was the case?

7. Debrief by asking the group to reflect on the following questions:

- What are the possible consequences of misreading emotions?
- Can you think of a time when your emotions were misinterpreted?
- Were there consequences when you misinterpreted someone else's emotions?

discouraged  
(blue)

inspired  
(yellow)

thankful  
(green)

irritated  
(red)

confident  
(yellow)

connected  
(green)

insecure  
(red)

anxious  
(red)

balanced  
(green)

accomplished  
(yellow)

relaxed  
(green)

disheartened  
(blue)

embarrassed  
(red)

jealous  
(red)

excited  
(yellow)

motivated  
(yellow)

lonely  
(blue)

successful  
(green)

frustrated  
(red)

disengaged  
(blue)