

## Summary of Lesson Eight

In this lesson, students explore emotions and how they are expressed through facial expressions, tone of voice, and body language. Through the story, Tia Tunes In, and a game of Emotion Charades, students practice recognizing and understanding emotions in themselves and others. They learn that feelings, like the weather, can change and that paying attention helps build empathy and kindness. Students are encouraged to notice emotional clues to better connect with others and to express their own feelings in healthy ways.

### At Home Practice: Emotions Charades

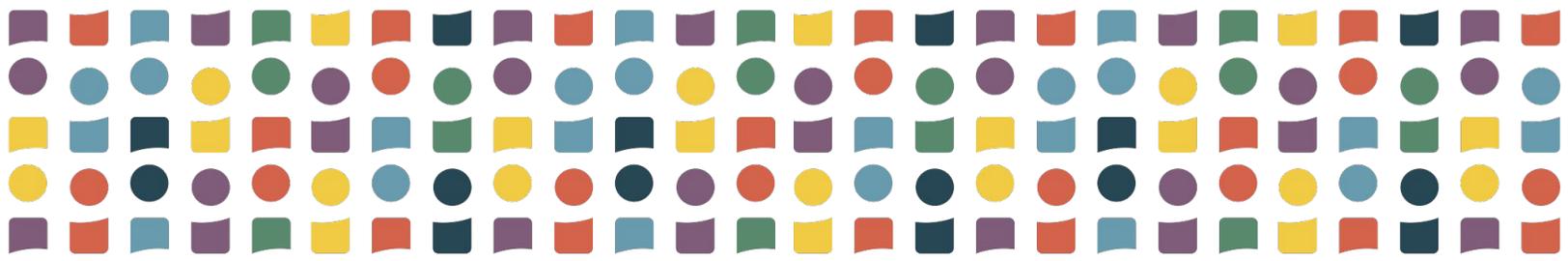
#### Materials Needed:

- Small pieces of paper
- Pen or pencil
- A bowl or hat

#### Activity Instructions:

#### Gather Your Participants:

- Find a group of friends or family members who want to play together. The more participants, the merrier the game!



***At home practice Emotions Charades Cont.***

**Prepare the Emotion Cards:**

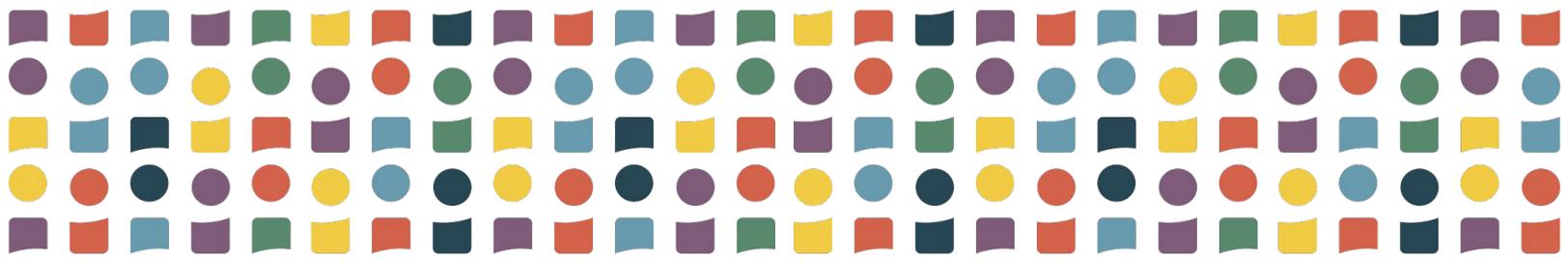
- Sit down with your group and write down different emotions on small pieces of paper. Some examples are happy, sad, excited, surprised, and silly.
- Fold each piece of paper and put them all into a bowl or a hat. Mix them up so no one knows which emotion they will pick.

**Explain the Game Rules:**

- Explain to the participants that they will take turns picking an emotion from the bowl and acting it out without speaking.
- Emphasize the importance of using facial expressions and body language to convey the emotion.

**Start the Game:**

- One person starts by picking an emotion from the bowl without showing it to others.
- They act out the emotion using their face and body, but without speaking.
- The other participants watch the performance and try to guess which emotion is being acted out. They can shout out their guesses.



### *At home practice Emotions Charades Cont.*

#### **Guessing and Switching Turns:**

- Once someone guesses the emotion correctly or after a set amount of time, it's the next person's turn to pick an emotion and act it out.
- Continue rotating turns until everyone has had a chance to act out different emotions.

#### **Encourage Participation and Fun:**

- Encourage everyone to participate actively and to have fun. The goal is to enjoy the game and explore different feelings and expressions.
- Remind participants that it's okay to be silly and creative with their acting.

#### **Reflection:**

- After playing a few rounds, sit down and discuss the game. Ask questions such as:
  - "Which emotion was the easiest to act out?"
  - "Which emotion was the hardest to guess?"
  - "How did it feel to express different emotions with your body and face?"

**Safety Note:** Ensure the playing area is free of obstacles to prevent any tripping or falling during the game.

Happy	Hopeful	Relieved
Sad	Jealous	Impatient
Excited	Confident	Mischievous
Surprised	Annoyed	Sympathetic
Angry	Shy	Hurt
Scared	Silly	Surprised
Confused	Calm	Affectionate
Tired	Determined	Appreciative
Nervous	Overwhelmed	Disgusted
Proud	Content	Enthusiastic
Embarrassed	Anxious	Guilty
Curious	Amused	Hysterical
Bored	Shocked	Indifferent
Frustrated	Worried	Irritated
Lonely	Energetic	Joyful
Grateful	Peaceful	Nostalgic
Disappointed	Envious	