



## Emotional UNO

### Description

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Students share their emotions in this fun twist on UNO.

## Supplies

- UNO cards

## How to Play

1. Have students sit in a circles of 2-10 students. Give each group of students one shuffled UNO deck.
2. Give each student seven uno cards, and place the rest of the cards in the center of the circle.
3. Explain that we are playing UNO by trying to match the same color or number to the top card in the center. The goal is still to be the first student to get rid of all your cards. The additional rules are that you must do something based on the color of the uno card you discard.
4. Each time someone discards a card, they do the task with that color before anyone else can put down an additional card.
5. UNO color tasks:
  - Green – What is something that makes you smile?
  - Blue – Name an emotion you've felt today.
  - Red – What is something that surprised you in the past?
  - Yellow – What's a time you felt victorious?
6. Students can not repeat answers that they've already given.
7. Continue this until time has run out, or there is a winner of the activity!

## Activity Prompts for Reflection

- How did it feel when someone else got their UNO card down before yours?
- What emotions did you feel throughout this activity?
- How do you feel now that this activity is over?
- What about this activity made you feel excited?

## Other Ways to Play

- Make this activity easier, by using the UNO cards to play go fish. Each student gets dealt 7 cards. Students will try to match two of the same color each turn. When they put two of the same color down, they must share the prompt associated with that color.
- Add in an additional rule for the wild card. Anytime a student puts down a wild card the leader asks them to spell out an emotion word of their choice.

## Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.

### Category

1. Activities

### Sel-competency

1. Self-Awareness

### Allotted-time

1. 20 minutes

### Themes

1. Emotions