Virtual Games – Show and Tell

Description

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Help your students to better understand their emotions. Students will have to use critical thinking to choose objects in their household that evoke certain emotions.

Supplies

- No supplies needed

How to Play

1. This activity works best on a virtual platform where students can see each other, like Zoom.
2. Let your students know that we are playing several rounds of Show and Tell.
3. Explain that in each round, an emotion word is announced and students should find an item in their home that makes them feel that emotion word.
4. For a deeper understanding, you can show them an item from your home and describe to them how that item makes you feel.
5. If necessary, you can utilize a [one-minute timer](#) for students to know how much time they have to search each round.
6. Start each round by announcing an emotion word.
7. As students come back, make sure to interact with them by commenting on their items, pointing out students who brought back similar items, and unmuting some students to share what they brought back and why.
8. This can continue for several rounds, trying to ensure that all students get at least one chance to share out.
9. Use the Activity Prompts for Reflection at the end to further skill development.
10. Example emotion words to search for:

Support your students with the essential life skills they need—anytime, anywhere.

- Victorious
- Mischievous
- Proud
- Surprised
- Yucky
- Elated
- Frustrated
- Scared

Activity Prompts for Reflection

- What was an item you showed that made you feel a positive emotion?
- What was an item you showed that made you feel a negative emotion?
- What are some emotions you felt during this activity?

Other Ways to Play

- Make it more challenging by making the item be from a specific location/room, color, or shape. For example, find an item in your kitchen that makes you feel excited.
- Give students specific items to find and then have them come back and share what emotions the items make them feel.

Additional Notes

- Use the SEL Activity Prompts to tie other SEL competencies to this activity.
- Make sure to explain the emotions to your students so they have an understanding of each emotion.

Category

1. Activities
2. Self-Awareness

Sel-competency

1. Self-Awareness

Allotted-time

1. 15 minutes

Themes

1. No Supplies Needed

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