



Emotional Runaround

Description

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Students practice building their emotional vocabulary while engaging with a beat.

Supplies

- No supplies needed

How to Play

1. Have students sit in a circle. The leader starts a beat (like the game Concentration) and students copy the beat.
2. The leader says an emotion word and the student next to the leader calls out that same emotion word in time with the beat. The word continues around the circle until it gets back to the leader.
3. If a student can't remember the word or misses the beat, they must run around the circle one time and the leader starts over with a new word.
4. If the word makes it all the way around the circle, the leader uses the same word and adds another emotion word. For example, the first word was happy and now the leader says "happy and excited" and it goes around the circle.

Activity Prompts for Reflection

- Did anyone feel nervous during this game?
- What are some other emotions you felt during this activity?
- Did anyone hear an emotion word they hadn't heard of during this activity?
- What emotions have you felt so far today?

Other Ways to Play

- During their turn, have students make the facial expression of the emotion they are saying.
- Have the students help you come up with a beat to use for this activity.
- Have the students call out their own emotion word when the beat gets to them. They must say an emotion word that no one else has said for that round.

Additional Notes

- Wings [Skill Builder – Emotional Alphabet](#) can help students to brainstorm a variety of emotion words to use for this activity.
- Support students by being a good listener and actively paying attention to the words they call out.
- Help teach the group by being a role model and actively participating in the game and the beat.
- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.

Category

1. Activities
2. Self-Awareness

Sel-competency

1. Self-Awareness

Allotted-time

1. 30 minutes

Themes

1. Emotions
2. No Supplies Needed