

## Which Emotion Am I?

Recognizing emotions is a key part of Emotional Intelligence and a skill which helps children navigate social interactions more smoothly. In order to gauge the appropriateness of a response in a specific situation, kids first need to understand and be able to relate to others' feelings. *Which Emotion Am I* is a guessing game that teaches kids to distinguish emotions through facial expressions.

To play, you will need something like a rubber band or similar that the kids can use to keep a card attached to their heads. You will need to draw or download some *emotion cards* such as the PDF examples provided [here](#)

Then:

Shuffle the cards and put them in the center of the group. Invite each child to choose a card and place it in their headband. The aim is for every other player to be able to see the card, but not the child wearing it; move around the table. When it's a player's turn, they can ask one question about their card—but they can't use actual emotion names (worried, nervous, surprised, etc.) Instead, they should ask a question with a yes or no answer, related to the emotion. For instance: "*Would I feel like this if I bumped my head?*" "*Would I feel this if I was opening a present?*" The other players will then give a yes or no answer.

Once a child believes they're ready to correctly identify the emotion on their card, they can use their turn to do so. They'll then win that round, but the game continues on until each emotion card has been figured out.