

**Title: EMOHEADS UP**

**Goal:**

Deepen your understanding of emotions and when we have them



**Intro:**

Play "Heads Up" and help your partner guess the feeling word.

**Resources:**

Animal EmoCards Handout  
(Optional) Timer

**Instructions:**

You will need a partner or small group, and the EmoCards on the table face down. One person will start as the Guesser. Without looking at the card, the Guesser will pick up a card and hold it on their forehead so others can see. If you want to use it: Start the timer!

The other(s) give clues so the Guesser can correctly say the feeling word on their card. The clues can not include feeling words. The clues can only be SITUATIONS where feelings occur. For example, if the word is "Scared," the clue might be: "When you are in a busy area, and suddenly, you look around and you can not find the person you were with."

Once the Guesser correctly says the word, another person becomes the Guesser and picks up a new card. The game continues until the timer runs out, and together you get a score of however many cards you successfully guessed together.

**Discussion:**

Were some words easier or harder to guess? Why might that be?

Do people tend to think of similar situation-clues for the feeling words? Why might that be?

What would happen if people were more aware of the feelings they were having... and the reasons for those feelings?



**POP-UP  
FESTIVAL**