

Title: EMOTIONS CUP

Goal:

Learn to distinguish between emotions and be comfortable communicating them with others.



Intro:

In this activity, you will draw four different emotions on your “Emotion Cup” use it to share how you are feeling. Students can use this cup to communicate their feelings with others.

Resources:

2 paper cups
Markers
Scissors

Instructions:

Cut out a rectangle in one cup (Cup A) (see video)
Put the other cup (Cup B) inside of Cup A and trace the rectangle four times, making sure you rotate Cup B every time
Take Cup B out and draw four different emotions, one in each rectangle, using different colors for each emotion
Label the emotions
Place Cup A (with cut out rectangle) over Cup B (with emotions pictures)

Discussion:

Pick an emotion from your Emotion Cup and share a time that you have felt that emotion. How did that situation make you feel?
Why did you choose the emotions you did?
Has there ever been a time where you felt more than one emotion? Share more about this.



POP-UP FESTIVAL