Emotion Activity Ideas

Complete "I feel" statements:
"I feel_____ when ………"
Pick an emotion of the day that fits you
"My friends make me happy when…"
Discuss the emotions of story/historical characters.
Complete the following sentences: "I am happiest when…", " I am proudest when…", "I get angry when…"
Write a poem about an emotion and share it.
"I am least happy when….."
Act out an emotion.
Make a poster and give it to a friend to improve their mood.
Name 3 things about you that makes you a good friend.
Make an advertisement titled: "How I feel most of the time". Display and discuss the results.
Define an emotion
Discuss how you would react in certain situations and act them out.
List the advantages of being in self-control.
Create a drawing/painting to express an emotion.
Name 3 things about yourself that you want to improve.
Make a display of 'feeling' words, post your name next to how you are feeling.
Conduct a scientific experiment relating to emotion.
Make a 'Feelings' thermometer and chart how your feelings change throughout the day.
Create a team mobile to show the emotions of each team.
Keep a journal of your feelings over time.
Catergorise emotions, students decide upon the system to be used.
Interview someone about their 'feelings and emotions'.
Make a Totem Pole sculpture showing your emotions
Make a cartoon showing different 'emotional' expressions.
Discuss 'What is Responsibility?'
Compare and contrast emotions.
Design a 'Feelings' tree, on each brach write about your feeling e.g. The honesty branch..
Map out an emotion on a graph showing the various intensities.
Make a matrix showing how different people feel following a common experience.
Analyse the emotions conveyed in a song.
Discuss how other peoples actions made you feel.
Discuss a time when you lost control, how would you behave differently if you could relive the experience.
Discuss what causes emotions and where do they come from.
Put on 'someone else's hat', how would they react to differently to you.
Discuss 'How helpful or unhelpful are emotions?'
Discuss: 'What was the last problem you dealt with?'
Engage in a team project on emotions.