

Kooth Activity Sheet



ENERGY LEVEL:
Energetic



NO. OF PEOPLE:
3+



ESTIMATED TIME:
30mins

Emotion charades

ACTIVITY OBJECTIVE:

To encourage self-expression, tolerance, and positive relationships through moving and interaction.

MATERIALS REQUIRED:

1. Two bowls
2. Paper/cards
3. Pens/pencils

INSTRUCTIONS:

1. Write some emotions on a set of cards, one per card, and place in a bowl.
2. Write some scenarios on a separate set of cards and place in a second bowl. (It might be easier if you do them on different coloured card/paper.)
3. Have one person pick an emotion card and a scenario card. Give them a minute to read and prepare, and then have them act out the scenario silently while expressing the emotion.
4. Have the rest of the group try to guess what emotion and scenario they picked.
5. Repeat with a different person acting.

Note: The scenarios can be whatever you like, serious or silly. You could even get the group involved in writing them before the play.



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At Kooth, you can chat anonymously with a mental health practitioner, access a self-help library of articles, and connect with a community of young people easily from your phone or tablet.