



Guess the emotion

An activity to do to help you playfully explore emotions.

Guide bubble

Why To playfully explore emotions

Where At home

When Feeling relaxed

Time 5 mins



This is a fun game to play with your adult or family! It is a great way to learn more about emotions and how everyone experiences them in their own way.

Number of players:

2+

Equipment you will need:



Paper



Pens

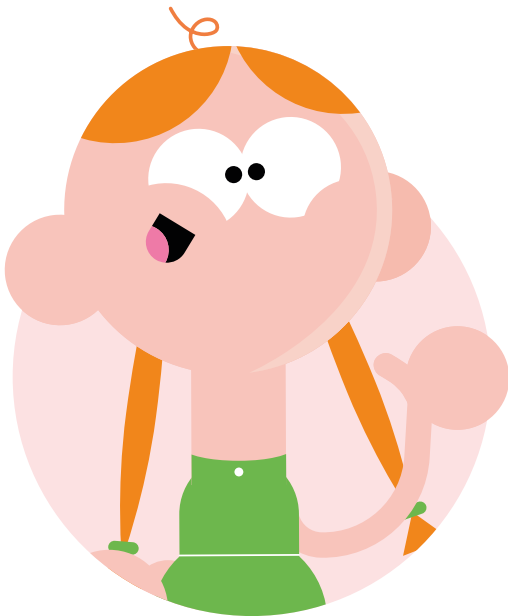


A timer

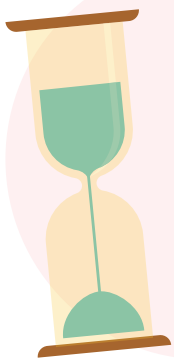
1. The first player chooses an emotion. You can use the examples in the cloud below to help!



- 2.** They must act out or draw the emotion.
No words are allowed!



- 3.** The other players take turns guessing which emotion it is.
- 4.** If a player guesses correctly, they swap places with the first player and take their turn.
- 5.** Make sure each player gets a chance to act out or draw an emotion!



Want to make it harder?
Set a timer and give each player one
minute to act out or draw their emotion.

Ready? Go!

