

# Feelings Charades

Feeling Charades is a fun and interactive way to power-up our ability to read other's emotions!

## Materials needed

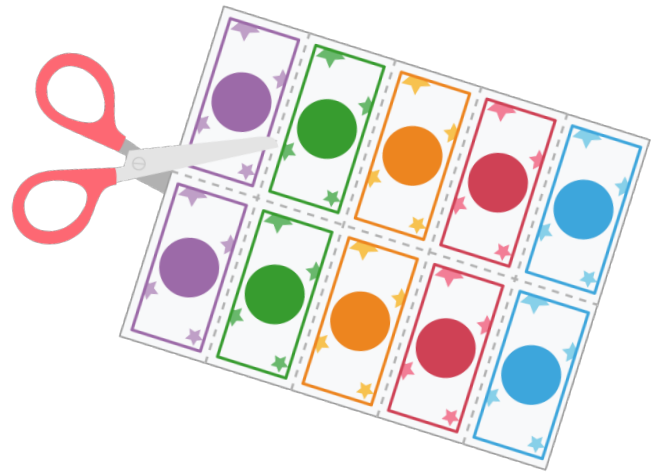
 45 min to prep and play!

- Scissors
- Pen/Pencil
- Mojo Charade card templates (two sets)

## Directions

### Step 1: Cut + Create!

Print out the charade card templates and cut out a set of game cards! Some emotions are labeled while others have blanks for your own vocabulary!



### Step 2: Play!

Put all the charade cards in a bowl. Take turns being the actor and the audience. The actor selects a card and silently acts out the emotion while the audience tries to guess!

### Step 3: Discuss and Support!

When an audience member guesses the correct emotion, they tell a true story of a time they felt that way. Some ideas to expand on:

- 1) What role did others have in making you feel that way?
- 2) What are ways to support others facing similar situations? Then the storyteller becomes the actor.



**Habit tip!** The fun doesn't have to end with game night! Charade cards are great conversation starters at mealtimes. Keep the bowl handy and take turns drawing cards. Talk about what situations that day or week made you feel that emotion.