

Bonus Activity:

Running Emotions

In this game the children should recognize emotions and try to collaborate with each other to express them.

Description

- Students are divided into equal groups of 6 or 8 people.
- We ask each group to form pairs and to enter a row behind a line designated as the starting point.
- We define a path for each group to an endpoint, in which there is a box containing papers with a feeling written on each one of them.
- In the middle of each team's path we put a cone.
- Each team has a ping-pong ball, and each pair places the ball between their shoulders and run the course of their journey to the box of emotions.
- They take a piece of paper, read the emotion, and turn the way back, trying to express it without speaking, while holding the ball between their shoulders, in order to be recognized by their teammates.
- On the way back, as soon as they reach the cone, they change sides and place the ball between their shoulders, while trying to express the feeling they have chosen from the box.
- If the ping-pong ball falls from their arms-shoulders, then they remain still and one of their teammates runs to pick it up and fasten it on their shoulders again.
- If their teammates are able to recognize the feeling until they complete the route, the team holds the paper.
- The team with the most papers at the end is the team that has managed to work in the best way together.

Discussion questions

Reflect

How did you find the game? Were you able to cooperate easily? What were your feelings?

Connect

After seeing many emotions (joy, sadness, excitement) how do you feel? How do you think your friends feel?

Apply

Do you think these feelings are common in life? How should we act when we or others have those feelings?

Facilitation notes

We are asking the children to reflect on which emotions were easier to express and which were more difficult respectively. We are asking them to think on their collaboration without talking to each other and about the value of expressing our emotions. Clear instructions are important. Always remind children not to talk to each other. Give them about 10 seconds to coordinate every time before their performance.

Number of Teachers or Coaches	2
Number of Students or Athletes	18-24
Typical Age Group	6+
Time Needed	20 min
Space Needed	Playground, sports hall
Materials Needed	Chairs Chalk Boxes Cones Pieces of paper Markers
Activity Objective	Cooperation, coordination, and the cultivation of feelings.
Related Units	Units 1&2
Related Learning Competences	Cooperation, self-control, adaptability, leadership

