

Catch an Emotion



Knowledge
Through
Entertainment

FILM

-  **Knietzsche and Grief**
-  **Sci-PY Reporter - Be Happy Stay Healthy**

KEY OBJECTIVES

- 1) **Connect with our thoughts and feelings.**
- 2) **Understand that it is perfectly alright to feel certain emotions and to learn to accept yourself.**
- 3) **Learn to communicate our emotions.**

INTRODUCTION

In a world where people are getting more and more busy, we often neglect or disregard our feelings and emotions. These powerful sensations are pushed under the rug. Doing this has a negative impact on our mind, which we seldom realise. This game intends to get children thinking and talking about their experiences and how they can have a better understanding of what goes on inside their mind.

The concept of emotion may seem simple, but scientists often have trouble agreeing on what it really means. Most scientists believe that emotions involve things other than just feelings. It is something that we experience internally in our own mind and something that other people can understand based on our behaviour. They involve bodily reactions, like when our heart races because we feel excited. They also involve expressive movements, including facial expressions, behavioural patterns and sounds. These complex factors combine in varied levels to make up our emotions.

This activity can be an ice breaker to introduce the topic of emotional well-being.

TOPICS

Emotional well-being

speech and drama

virtue

conversation skills

interpersonal skills

KEYWORDS

Feelings

emotions

actions

expressions

communication

LEVEL

Primary School

RESOURCE TYPE

Game

Activity

INTENDED AUDIENCE SIZE

10-15 people

MODE OF DELIVERY

Large venue setting

small group

TIME FOR ACTIVITY

Depends on number of participants. Each participant may need 2-3 min.

Catch an Emotion



Knowledge
Through
Entertainment

GUIDING QUESTIONS

- What are emotions?
- How do you express your emotions? Is it through words? Expressions? Actions? Art? Anything else?
- Which is easier- talking about your emotions or showing it through expressions?
- Do you think emojis are sometimes better tools of communication than words?

MATERIALS/PREPARATION

- A football
- A marker

TASKS/PROCEDURE

Use a marker and write down any or all of the different emotions on each hexagon of the football.

These may include- Joy, Fear, Anger, Excitement, Jealousy, Love, Pain, Sympathy, Boredom, Calmness, Admiration, Confusion, Disgust, Horror, Anxiety, Craving, Surprise, Awkwardness, Shock, Humour, Nostalgia, Amusement.

If you prefer, you can draw emojis on each hexagon corresponding to the emotions you would like to include in your game.

The aim of this activity is to get the children to catch the ball and speak about the emotion that lands under a chosen finger.

First, choose a finger- eg. Thumb of the left hand. The educator throws the ball to one child. When they catch it, they have to read out the emotion written under the chosen finger (left thumb, in this case).

- a) Ask the child to give an example from their life where they expressed that emotion (if they are comfortable talking about it)
- b) Ask the child to explain how they feel when they go through that emotion. This can be done using words or by action- making a sad face, angry face etc.



If the chosen finger (left thumb, in this case) lands on an area without an emotion, then the educator can ask the child to do an action/ expression of any random emotion. This will be like a 'wild card' where the children can have some fun acting out any situation.

Points to note:

- 1) Choosing the options must be based on the age group of the children, their comfort level in understanding and speaking about emotions.
- 2) The educator may start with a self example to get the children comfortable with this activity.

Catch an Emotion



Science
Film
Festival

Knowledge
Through
Entertainment

- 3) **It is important to let the children know that they are not being judged through this activity. It is merely a game to understand that as humans, each one of us go through a range of emotions everyday and we should try not to fight it. Instead we can try to channel those emotions in a positive way to help us become a better human being.**

FOSTERING DISCUSSIONS

- 1) **Draw your emotions- It is a good idea to discuss emotions to children through drawings or comics. Simple doodle of a face and expression is an easy way in which a child can understand what is going on in their mind.**
- 2) **You may refer to another Science Film Festival 2021 activity 'Colour my Feelings'**

SAFETY INSTRUCTIONS

Take care not to trigger strong emotions in the child if you are not equipped to handle them.

The presence of a student counsellor is advised for this activity.

POSSIBLE EXTENSIONS

Connecting emotions to music is a wonderful way to channel your feelings and turn it into something positive. You may refer to another Science Film Festival 2021 activity - 'The Power of Music'

AUTHORS AND SOURCES

Submitted by Yoshida Menon and Preveena Nandakumar, Science Educators, India