



Project Adventure

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Feelings Relay

Description: This is an opportunity to identify emotions in ourselves and in others.

Materials: a marker, 5 pieces of paper about index card size

Technology Requirements: Zoom or other online video meeting platform. Create breakout rooms of 4-6 participants.

Framing:

“Have you ever had trouble recognizing how you or someone else is feeling? In this activity we are going to attempt to communicate emotions without words. Through this activity we will be able to build on prior experience and apply it as the challenge gets harder.”

Procedure:

1. Write different emotions on 5 cards or choose from pre-made emotions cards. Could be related to a group check-in or activity debrief.
2. Put one emotion per card, try to make them start with different letters and/or have more than one syllable.
3. Write as large as possible.
4. Players take turns presenting their “emotion” to the team to guess.
 - Round #1: Presenters can use words and gestures but not “sounds like” or the real word.
 - Round #2: Presenters may use only ONE word and gestures.
 - Round #3: Presenters may not speak.

Reflection:

| | |
|------------------|--|
| WHAT? | <ol style="list-style-type: none">1. What surprised you about this game?2. What did you notice about trying to recognize emotions through the screen? |
| SO WHAT? | <ol style="list-style-type: none">4. When strategies did you develop to be successful? |
| NOW WHAT? | <ol style="list-style-type: none">5. What ways can you use these strategies to be emotionally intelligent? |

Variation: Use the below lists... or create your own categories!

FFEACH – Daily Activities; Electrical Appliances &; Culinary Tasks (DAECT)

- **Daily Activities:** Shopping for Food; Sleeping; Shoveling Snow; Crossing the street; Riding the train; Playing Basketball; Listening to Music
- **Electrical Appliances:** Toaster; Phone; Blender/Food Processor; Space Heater; Microwave; Hair Dryer; Pencil Sharpener; Printer;
- **Culinary Tasks:** Cutting Vegetables; Tossing pizza dough, Adding Spices; Squeezing Lemons; Checking fruit for ripeness; Smelling to discover that the food is rotten; Pouring pancake batter into a sizzling pan; Checking food in the Oven; Washing Dishes