



Musical Emotions

Description

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Students have fun dancing and moving around while also sharing when they feel certain emotions.

Supplies

- Music
- Printed emotion words (Found in Downloads and Links section)

How to Play

1. **Prep work:** Count the number of students and spread that number of emotion pages out, face down, around your space.
2. Explain to students that when the music starts, they dance around the room. When the music stops, students must find a sheet of paper and sit on it.
3. The leader calls out one emotion word and students look at their papers.
4. Whoever is sitting on that emotion, must stand up and say one time they felt that emotion.
5. Multiple rounds can be played, calling out different emotions each time, trying to ensure that each student gets a chance to share.

Activity Prompts for Reflection

- How did it feel to share your emotions?
- How did you feel when the emotion you were sitting on was called out?
- Would anyone like to share a time they also felt one of these emotions?
- Would anyone like to share an emotion they felt today?

Other Ways to Play

- Print doubles of each emotion. Once the music stops students must find their match and share when they have felt that emotion recently.
- For younger students, take time to explain what more complex emotions mean before having them share.

Additional Notes

- Have students clap and cheer after each student shares.
- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.

Downloads and Links

[SEL Activity - Musical Emotions Printable Word Sheets](#)

Category

1. Activities
2. Self-Awareness

Sel-competency

1. Self-Awareness

Allotted-time

1. 15-20 minutes

Themes

1. Emotions