



Emotional ABCs

Description

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Students practice their emotional vocabulary.

Supplies

- Poster
- [Emotion and Non-Emotion Word Cutouts](#)
- Glue stick
- [Alphabet Cutout](#) (if using Other Ways To Play)

How to Play

1. **Prep work:** Write or print off a list of emotion words and non-emotion words and cut them up so each word is on its own slip of paper. (Use the template available in the Downloads and Links section.)
2. Tell students they will be working together to identify what are and are not emotion words. Students will then make an Emotional ABC poster full of emotion words.
3. Remind the group an emotion word describes how a person is feeling.
4. Put the various words (that have been printed or written and cut out) face down in the middle of the group. Choose one student to go first, then have that student choose a slip of paper and read it aloud.
5. Students will give a thumbs up if they think it is an emotion word and a thumbs down if they think it is not an emotion word.
6. The leader sees what the majority of the group thinks and corrects them if they are wrong.
7. If the group guesses wrong, they must do 10 jumping jacks. If the word is an emotion word, the student who reads it aloud quickly glues it to the Emotion ABC poster board.

8. This continues with different students each round until time is up or until all words have been read aloud.
9. Follow-up by asking students what the various emotion words mean after each round.
10. Once time is up, review the Emotion ABC poster and ask a few students to identify times they might have felt these emotions.

Activity Prompts for Reflection

- What were some new emotion words you heard in this activity?
- What is an emotion?
- Did anyone feel nervous when they had to read aloud?
- What emotion did you feel when you guessed the emotion word correctly? When you guessed incorrectly?

Other Ways to Play

- Have students decorate the Emotional ABC's poster board with different emotion faces beside the emotion words.
- For 3rd-5th Grade: Challenge students by having 3 copies of consonants in the alphabet (each letter) cut out and 6 copies of the vowels in the alphabet (each letter cut out). (Use the [Alphabet Cutouts](#) available in the Downloads and Links section.) Students must work together to spell out emotion words with these and glue them to the Emotional ABC's poster board.

Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.
- If playing with a larger group, split students into teams, each with a poster board, and see which group gets the most words on their Emotional ABC's poster.
- Help support students by being trusting and flexible by allowing them to decide on their own if it is an emotion word or not without influencing them.
- Use the [Skill Builder-Emotional Alphabet](#) to help think of emotion words to write on slips of paper.

Downloads and Links

[Emotion and Alphabet Letter Templates](#)

Category

1. Activities
2. Self-Awareness

Sel-competency

1. Self-Awareness

Allotted-time

1. 15-20 minutes

Themes

1. Emotions