



Emotional Balloons

Description

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Students develop their emotional vocabulary.

Supplies

- Four balloons
- Sharpie
- Music
- Adaptations for supplies in notes

How to Play

1. **Prep work:** Blow up the balloons and draw four different emotion faces on each of them. Ex: Happy, sad, surprised, and angry face.
2. Show the first balloon (happy) and ask students to tell you what they think that balloon is feeling. If they use the basic emotion words, dig deeper and teach them some more words here. Happy = elated, excited, victorious.
3. Have the group sit in a circle. Start with the already introduced emotional balloon, start music and have students pass the balloon around the circle.
4. When the music stops, the student holding the balloon tells about a time they felt that emotion.
5. Keep the other students engaged by having them support the student who shared with positive snaps or claps.
6. Switch out the different emotion balloons every couple of rounds or once the students are comprehending that particular emotion.
7. At the beginning of each new round introduce the new emotional balloon and ask the group what emotion they think the balloon is feeling. Once again if students use basic emotion words, teach them some more complex emotion words.

Examples:

- Sad = depressed, upset, blue
- Surprised = startled, jumpy, shocked
- Angry = annoyed, irritated, furious

8. After a couple of rounds, put two balloons in the circle to be passed at once. Continue playing until time is up.

Activity Prompts for Reflection

- What were some emotions you felt during the activity? Why do you think you felt that emotion?
- What were some emotions you felt after the activity?
- Raise your hand if you felt victorious at any point during this activity. Who can share what they usually do when they feel this way?
- Who can tell me a new word we learned today that means happy? Sad? Surprised?

Other Ways to Play

- Have the students stand up and keep their feet planted. The goal is to keep the balloon in the air by tapping it with their hands. When the music stops the last student to touch the balloon has to share a time they felt that emotion.
- Think of unusual and unique emotion words and write them on the balloon instead of drawing a face and have students practice reading the emotion and determining what that emotion means.
- Have students pass the balloon(s) in different ways. Examples: Only use one finger to pass, use your elbows, use your feet, or change direction.

Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.
- If you do not have balloons you can draw 4 emotion faces on paper and make each of them into a ball or draw the faces on paper plates. The students can pass these just like they would pass the balloons.
- If you do not have music that the group enjoys, you can have them sing their ABCs, pick a letter and whoever is holding the balloon when the group gets to that letter is the sharer.

Category

1. Activities
2. Self-Awareness

Sel-competency

1. Self-Awareness

Allotted-time

1. 20 minutes

Themes

1. Emotions