

# Game: Make Your Emotions Move

**Time:** 5 - 10 min

**Suggested Age:** 2 - 8

## Materials:

- Open space to move
- List of emotions:  
happy, sad, excited,  
angry, proud,  
confused, fear, joy

## Therapeutic Goals:

- Learn to name emotions
- Connect mind/body experience
- Expel negative energy

## SEL Skill Development:

- Self-Awareness
- Self-Management



## How to explain activity to a kid:

Everyone feels emotions in our bodies. Sometimes it's hard to know what we're feeling until we stop and think about it. We also see that emotions can look like a lot of different things because people express them differently. This is a game to help us connect how we feel, with how we express ourselves. Starting with a list of different emotions you might be feeling today, we're going to explore different ways our bodies show our feelings. When we know what our emotions are and how we express them, we can help to take care of our feelings.

## Create:

1. Pick an emotion from the list
2. Move your body to show what that emotion looks like. Kids can dance, pose, make a face - whatever they like to show with their body that emotion
3. Pick another emotion from the list and do it again!

## Guiding questions to encourage sharing and reflection:

- How do you feel when you move your body into that emotion?
- Were there any emotions that you weren't sure how to show with your body? Which ones?
- What did your body feel when you lost someone important to you?
- Which of these emotions are you feeling right now? (It's okay to pick more than one)

## Continued support:

Tell kids they can play this game with friends by asking everyone to move their body to show what an emotion looks like. Then, have their friends freeze in position and finally have everyone move in slow motion to notice how similar or different each person has shown the same emotion. This is a great reminder that sometimes the same emotion looks and feels different for each of us, especially when we're grieving.

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