Did you know?

When we interact with other people, it is important to give clues to help them understand how we are feeling. We can communicate emotions through our body, our facial expressions, and even how fast or slow we talk! How good are you at deciphering emotions? Let’s find out.

Steps:

- Write 10-20 emotions on slips of paper. Have all of your family members add their ideas. Challenge yourself to get creative with the emotions you list. Once you’ve done that, fold them up and put them in a hat or a bowl or any kind of container you wish. Be sure to shake it up!
- Take turns with your family pulling slips of paper out of the container. Read the emotion (don’t let anyone see!) and someone asks you, “How are you?” Answer with, “Fine, thank you very much,” in the tone of whatever emotion you pulled out. See how long it takes people to guess your emotion!
- How did your family know what emotion you pulled? How did you guess? What about the voice tells us how someone is feeling? Why is it important to pay attention to others’ emotions? Why is it important to voice our emotions?
- Now that you’re an expert, watch one episode of your ultimate favorite TV show. Pay attention to their voices. How are you able to know how they feel? How are the people around them reacting to their emotions? When the show is done, find a parent and discuss.