Inside Out Emotions Game

**Grade Level:** Pre-School

**Subject:** Social Emotional

**Materials Needed:** pictures of characters, board game, game markers, dice, tape

Standards

* SED.1.3 Show increasing ability to regulate and communicate own feelings and emotions

Objectives

* Identify emotions
* Describe a time the felt a specific emotion
* Compare there game marker to others
* Recognize colors

Learning Activities

1. Each player will take turns rolling the game die and moving their game pieces on the board accordingly
2. Once a player lands on a space on the game board, they should locate the coordinating character picture and act out the emotion
	1. For example: if a player lands on the yellow space on the board they will grab the Joy picture and act joyful
3. **(Optional)** after acting out the emotion player can share a moment that he or she felt that emotion
4. The orange space with the yellow circle represents a core memory. If a player lands on that space they should share one of their favorite memories.

**Reflective Questions**

* + What makes you happy?
	+ What makes you angry?
	+ What makes you sad?
	+ What makes you annoyed?
	+ What makes you scared?
	+ What is you favorite memory?
	+ What is your least favorite memory?

**Vocabulary**

* + Anger
	+ Joyful
	+ Disgust
	+ Fear
	+ Sadness

Assessment

* Students will be assessed by observation of how well they are able to recognize and describe emotions.

Reflection

This game was such a hit with the children. They really got into acting and sharing their emotions. The only thing that I would do different is laminate the colored dots when putting them on a die so it doesn’t get ruined and making the board game larger.



Inside Out Emotions Board Game

**Materials**

* Inside Out Movie **(not provided)**
* Inside out pictures of characters
	+ Could also buy actual figures from Wal-Mart
* Inside Out board game
* Game markers **(not provided)**
* Foam or block dice **(not provided)**
* Tape **(not provided)**

**Directions**

1. **(Optional)** Watch Inside Out movie
2. Cut out colored dots and tape on dice
3. Place character pictures next to the board game

**How to play Inside Out Emotions Board Game**

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