

2

Timeframe
1-2 lessons

Years
4-10

Format
Individual
or groups

Cards
Emotion

Download
hpe.tki.org.nz/ata-emotions

Tātari kare-ā-roto Sorting emotions

Explore emotions and discuss their meaning. Choose Emotion cards and sort them on a scale of your choice, e.g. unpleasant to pleasant, high to low energy, or high to low impact on your lifeforce, focus or energy levels.



Learners will

- Have a deeper understanding of emotions, feelings and moods.
- Build their vocabulary.
- Explore and discuss different perspectives on emotions.
- Develop empathy and insight into their own and others' emotions.
- Develop confidence in expressing their emotions.

Ways to use the resource

- Change the scale you are sorting by and discuss what has changed and why.
- Take a large set of (curated) **Emotion cards** and work as a group to place them on a scale of your choice.
- Use the base activity, or try the **Game of emotions** gameplay.

Next steps

- Discuss emotions as part of the **Developing strategies** activity.
- Emotion cards can be linked to other existing social and emotional resources and frameworks, e.g. Zones of Regulation™.

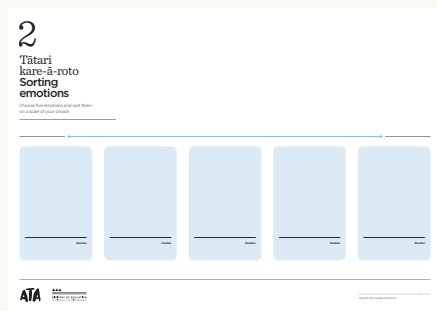
What you will need

Emotion cards



Sorting emotions activity sheet:

One per person/group (not needed for game)



Set up

1. Prepare cards

Add or remove **Emotion cards** to suit the needs, interests, age or developmental stage of learners.

2. Prepare activity sheets

Print or photocopy one **Sorting emotions activity sheet** for each person or group.

Activity

1. Choose emotions

Each learner receives five **Emotion cards**. Either spread the cards out on the table face-up and let the learner(s) select, or shuffle the cards and deal five to each.

2. Sort emotions

Each person or group sorts their **Emotion cards** on an agreed scale, e.g. unpleasant to pleasant, high to low energy, or high to low impact on your life force, focus or energy levels.

Game variant

1. Setup

- Pick someone to be the judge for the first round
- Deal three cards to each player (including the judge) and place the remaining cards face-down in a pile
- Agree a scale on which to sort the cards, e.g. unpleasant to pleasant

- The players sort their three starting cards based on the agreed scale.

2. To play

- The judge reveals a card from the top of the pile
- Moving clockwise, each other player indicates where the new card would fit within their existing set, and explains why
- The judge decides which player provided the best explanation and gives that card to the player to add to their set
- The player to the left of the judge becomes the judge for the next round.

3. To win

Play continues until someone gets six cards in their set.

Discuss & customise

As you go, discuss why the cards (emotions) sit where they do.