

Guidelines for Feelings Memory Game

STANDARD: ASCA standard - Mindset standard 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being.



GRADE 5 ACTIVITY - Matching Emotions and their Definitions

OBJECTIVE: Students will define 19 feelings/emotions and participate in a discussion around them.

DIRECTIONS: This activity is not meant to be a quiz. Students should do it with an adult or other students so that they can discuss the meanings of each feeling. It is possible to start with only 5 or 10 of the emotions that seem most relevant and gradually add more as those become recognizable.

After defining all the emotions you want to use, you can play "Feelings Snap" (Direction and game follow Part 1 and Part 2 of the Emotion Match activity.)

In her book Atlas of the Heart, Brené Brown tells us that "Language is our portal to meaning-making, connection, healing, learning, and self-awareness." She goes on to say that without the words to talk about what we are feeling or experiencing we are not able to share them or talk about them with others. This activity will help define 19 of the feelings the students may typically be feeling. Of course, it is not expected that students will remember all of them but the purpose of the activity and following game is to begin to give them words to understand and talk about their feeling in a more nuanced way.

If you or your child need support with mental health, reach out to a mental health professional.
You can find resources and assistance at FastTrackerMN.org.



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Questions to help start a discussion around these emotions:

- Are the feelings here either bad or good? Can a “bad” feeling help us to learn? Can a “good” feeling help us to learn?
- Do you think it is important to talk more specifically about our feelings?
- Is disappointment the same as sadness? (This question can be used to compare other emotions too. Ex: happiness and pride, boredom and frustration, envy and jealousy.)
- Who do you know who might be able to help you understand your feelings?
- Have you used the words happy, sad or mad when you meant something else?

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Name _____



Feelings Matching (part 1)

Match the feeling from the yellow box to its definition on the left.

	Things are difficult and we aren't sure we can handle it.
	Being blown away by how incredible something is and wanting to know more about it.
	When you don't do or say something because you don't want to feel uncomfortable.
	A feeling of pleasure and positivity.
	Fear of losing something you have to someone else.
	Feeling of wanting to be involved in something interesting but not being able to.
	Recognizing and understanding the value of something.
	Feeling of being without social connections.
	Wanting something someone else has.

Jealousy

Envy

Avoidance

Stress

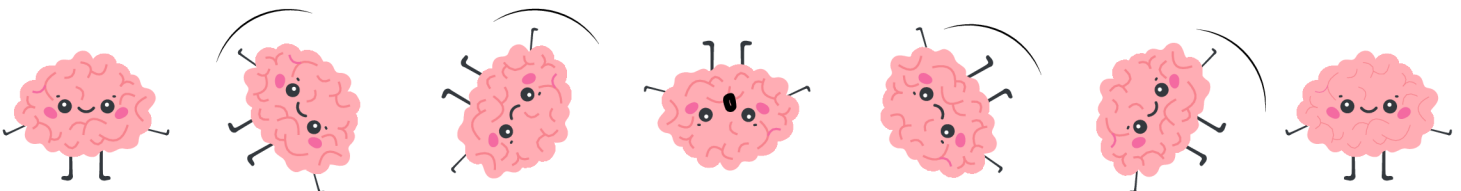
Loneliness

Wonder

Gratitude

Happiness

Boredom



Name _____

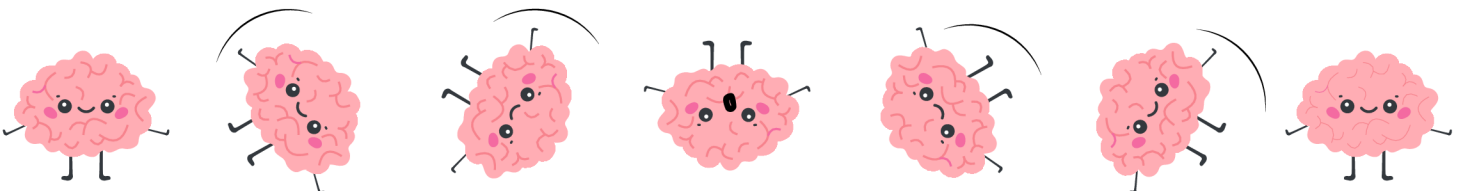


Feelings Matching (part 2)

Make a line to match the word to the definition

1. Admiration
2. Awe
3. Pride
4. Hurt
5. Frustration
6. Disappointment
7. Sadness
8. Worry
9. Love
10. Anger

A. Being impressed by how incredible something is.
B. Feeling of being blocked from something that you want.
C. Feeling that what might happen will be bad.
D. A reaction to pain or struggle, it can often cover up a different emotion.
E. Emotional pain caused by someone's words or actions.
F. A response to loss or defeat or the belief that you have lost something or been defeated by something.
G. Feeling good about your accomplishments or your effort.
H. The feeling you have when your expectations are not met.
I. Feeling a great connection to someone or something.
J. Being inspired by someone else's character or accomplishments.



Answer Key

Part 1

- 1 - Stress
- 2 - Wonder
- 3 - Happiness
- 4 - Avoidance
- 5 - Jealousy
- 6 - Boredom
- 7 - Gratitude
- 8 - Loneliness
- 9 - Envy



Part 2

- 1 - J
- 2 - A
- 3 - G
- 4 - E
- 5 - B
- 6 - H
- 7 - F
- 8 - C
- 9 - I
- 10 - D

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Definitions



Admiration - Being inspired by someone else's character or accomplishments.

Anger - A reaction to pain or struggle, it can often cover up a different emotion.

Avoidance - When you don't do or say something because you don't want to feel uncomfortable.

Awe - Being impressed by how incredible something is.

Boredom - Feeling of wanting to be involved in something interesting but not being able to.

Disappointment - The feeling you have when your expectations are not met.

Envy - Wanting something someone else has.

Frustration - Feeling of being blocked from something that you want.

Gratitude - Recognizing and understanding the value of something.

Happiness - A feeling of pleasure and positivity.

Hurt - Emotional pain caused by someone's words or actions.

Jealousy - Fear of losing something you have to someone else.

Loneliness - Feeling of being without social connections.

Love - Feeling a great connection to someone or something.

Pride - Feeling good about your accomplishments or your effort.

Sadness - A response to loss or defeat or the belief that you have lost something or been defeated by something.

Stress - Things are difficult and we aren't sure we can handle it.

Wonder - Being blown away by how incredible something is and wanting to know more about it.

Worry - Feeling that what might happen will be bad.



Feelings Snap Game



BEFORE YOU BEGIN:

Print them on card stock. If possible print the definition cards one color and the emotion cards another color. Cut out all cards.

Separate the cards into teal and white cards. The white cards are the definition cards. The teal cards are the feeling names.

Place the white cards face down in a stack in the middle of the table.

Give each player 6 cards. (It is possible to lower the number of cards to 4 if you aren't using as many emotions or want the game to be quicker.) The emotion cards should be laid out face up in front of the player.

RULES OF PLAY:

A player or the adult helping the group will begin by turning over one of the white definition cards and reading the definition to the group. If a player has the emotion that goes with that definition, they turn it over and say **Snap**.

When a player turns over their last emotion card they say **"Snappy-doo-dah!"**.

Game continues until you reach the end of the definition cards or all cards are turned over.

NOTES:

This game is not meant to be a super competitive game but if you want to have a winner it would be the first player to turn over all their cards. You can print a definitions list for each player if you think the students would be more comfortable having it. You can also talk about each definition as it comes up. The game should be accessible to all so support should be provided wherever it is needed.

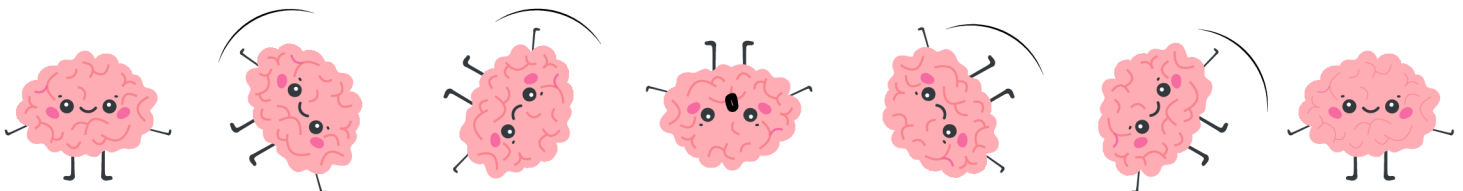
***Special Note:** You can make as many copies of the emotion (teal) cards as you need depending on the number of players.

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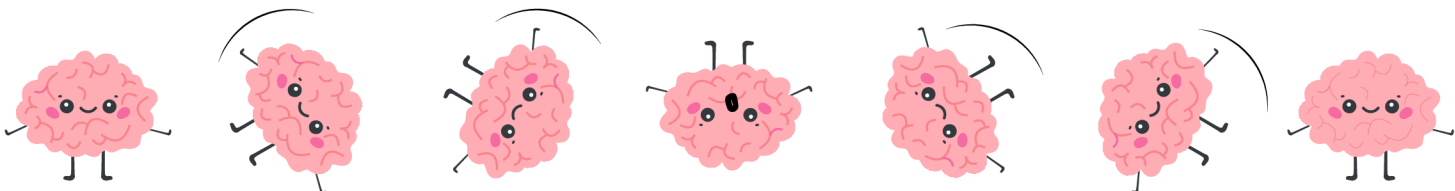
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<p>Things are difficult and we aren't sure we can handle it.</p>	<p>Being blown away by how incredible something is and wanting to know more about it.</p>	<p>Feeling pleasure because of where you are and what is happening in the moment.</p>
<p>When you don't do or say something because you don't want to feel uncomfortable.</p>	<p>Fear of losing something you have to someone else.</p>	<p>Being inspired by someone else's character or accomplishments.</p>
<p>Being impressed by how incredible something is.</p>	<p>Feeling good about your accomplishments or your effort.</p>	<p>Emotional pain caused by someone's words or actions.</p>
<p>A response to loss or defeat or the belief that you have lost something or been defeated by something.</p>	<p>The feeling you have when your expectations are not met.</p>	<p>Feeling that what might happen will be bad.</p>



<p>A reaction to pain or struggle, it can often cover up a different emotion.</p>	<p>Feeling a great connection to someone or something.</p>	<p>Feeling of being blocked from something that you want.</p>
<p>Feeling of wanting to be involved in something interesting but not being able to.</p>	<p>Recognizing and understanding the value of something.</p>	<p>Feeling of being without social connections.</p>
<p>Wanting something someone else has.</p>		



Stress

Wonder

Happiness

Avoidance

Jealousy

Admiration

Awe

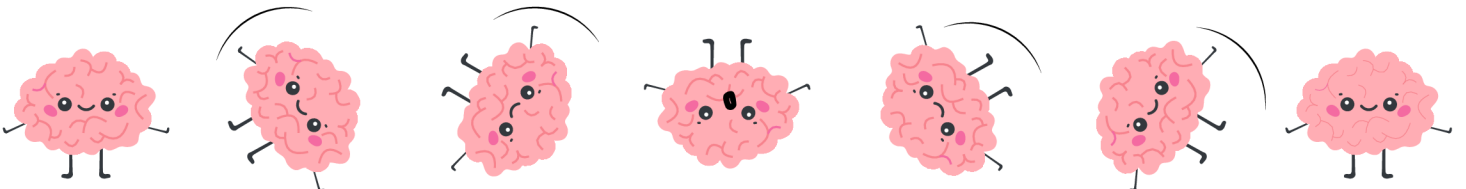
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Hurt

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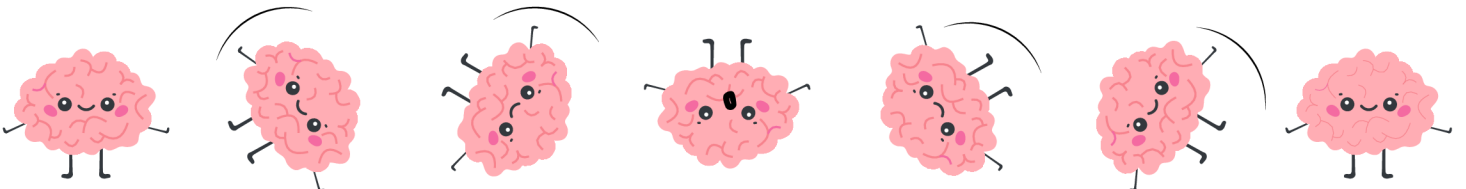
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