

Name That Feeling - Empathy

EXPLANATION:

The ability to build an understanding of what others are feeling is a valuable life skill for children to possess. Recognizing and naming emotions is an important step in the early years toward developing empathy and regulating emotions. Emotion cards can be used in a myriad of games to identify and label emotions that students feel in their day-to-day lives.

GRADE LEVELS: Preschool–Kindergarten

STUDENT GROUPING: Whole and small groups

ACTIVITY LENGTH: 20 minutes approx.

CASEL CORE COMPETENCY: *SELF-AWARENESS*

- Identifying one’s emotions
- Linking feelings, values, and thoughts
- You can learn more about the CASEL framework [here](#)

SCOPE OF TASK:

Young children have complex feelings in similar ways to adults, but sometimes they do not have the vocabulary to describe their emotions. Recognizing facial expressions and other non-verbal cues will help students to determine how they and others are feeling.

1. In a whole group, introduce a short video to the students: “Sesame Street: Name That Emotion with Murray!”



2. This video describes emotions and encourages viewers to guess the different emotions displayed by Muppet characters. Tell the students that Murray is going to ask them to identify the emotions and feelings of characters from *Sesame Street*. Prepare to start and stop the video to check students’ understanding of each emotion.
3. At the completion of the video, show students the emotion cards, and see if they can guess the emotions—also ask students if they can replicate the feelings using their faces and bodies.
4. If students have a broad understanding and can label emotions, proceed to introduce games with the emotion cards. (See examples of cards in the Resources section below.) Games that can be played with the cards include:

Memory: Players must rely on their memories to know where the different emotion cards are placed on the playing area!

- Emotion cards are mixed up and laid face down in rows.
- Players take turns to turn over two cards.
- If the cards match and show the same emotion, the player can identify the feeling and keep the match.
- Turn cards back over if they do not match.
- The game is over when no cards remain to be matched.

Snap: Players must have quick reflexes to be the first to identify matching emotion cards!

- Each player has a pile of cards that are all face down.
- The first player takes the top card and places it face up on the floor/desk/tabletop.
- Each player now takes a turn in doing the same—placing cards on the top of the pile of cards that are face up.
- If/when two consecutive cards on the pile with face up cards show the same emotion, players race to shout “Snap” and slap the pile with their hand.
- The player who calls “Snap” first wins the cards on the pile with face up cards.
- The game continues until only one player is left with any cards.

Once introduced, these games can be incorporated into daily activities in the classroom to reinforce students’ understanding of feelings and emotions.

RESOURCES:

- Emotion cards below (More emotions can be added as students build their experience and knowledge.)

Online video: “Sesame Street: Name That Emotion with Murray!”, Sesame Street, sourced from <https://www.youtube.com/watch?v=ZxfJicfyCdg>



