

Title of the game

Handshakes with emotions

Students shake their hands and try to convey emotions only through the handshakes.

Recommended age for this game:

9+

Duration:


20-45 min



Number of Students:

4+

Game Use:

 In the classroom



Instructions:

The teacher needs cards with the names of emotions. Examples of emotions are written below. Students make 2 rows facing opposite each other. One row is the recipients of the handshakes and then the other row is the ones who give the handshakes (givers). Only the givers know what the selected emotion is and they try to convey it through their non-verbal communication and inner feelings.

After the handshake, all the receivers try to explain what they felt and what emotion was hidden in the handshake. After that reflection, the teachers choose another emotion and the parties switch roles.

For younger students, further context can be explained e.g. a situation in which this particular handshake is taking place.

Examples of emotions: Surprised, worried, excited, loving, disappointed, angry, shy, proud, nervous, bored, scared, humbled, distracted, confused.



Materials:

No particular materials needed.



Tips for the game:

- Some situations might be emotionally loaded, a teachers needs to always be careful when she works with emotions



Reflective questions for students:

- How did you manage to guess the emotions without any words?
- How did you feel in the role of a giver/ receiver?