

Title of the game

Emotions in a Team

Students will learn to recognise and manage different emotions.

Recommended age for this game:

11+

Duration:


20-45 min



Number of Students:

6+

Game Use:

 In the classroom



Instructions:

Each team will receive a list of situations or scenarios.

Teams should discuss and decide which emotion relates best to each situation and write them down on paper.

They should then discuss how they would handle that emotion effectively in that specific situation and write down strategies or solutions.

Teams will be given a set amount of time to complete the activity.

At the end of the allotted time, each team will share their responses and discuss the different perspectives and strategies together.



Materials:

Paper and pencils for each team.
List of situations or scenarios that provoke a variety of emotions.



Tips for the game:

- Encourage students to listen to the ideas of all team members and to work together to find solutions.
- Offer examples of genuine scenarios involving various emotions and describe how individuals effectively managed those situations.



Reflective questions for students:

- What emotions did you find most challenging?
- What strategies or solutions did you find most helpful in managing the different emotions?
- What did you learn about yourself and decision-making as you completed the activity?