

Emotions detective exercise

Metacognitive skill targeted: reflection, critical thinking

Age group: 8+

Materials needed

- The attached emotion cards
- The attached worksheet

Activity Description

Learn to **identify emotions**, describe how they feel or look, and understand how we express them.

Instructions

To complete this exercise, you need the following sheet with pictures of people.

You can write directly on the sheet or write your answers in a separate notebook.

Tip: There is **no one right answer** — emotions can look different!

1. Look closely at the pictures with the people's faces and ask yourself:
What emotion do you think it is?
Then write it down.

Emotions detective exercise

		
Name:..... Physical signs:..... Role:.....	Name:..... Physical signs:..... Role:.....	Name:..... Physical signs:..... Role:.....
		
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2. Then write **3 keywords** about the physical expression of this emotion.

Example for “worried”:

- a. Tight stomach
- b. Looking down
- c. Quiet voice

3. What is its role?

Now that you have identified the physical signs, ask yourself:

“Why do we feel this way? What is its role?”

4. Compare your answers with your classmates and ask each other the following questions:

- a. Which emotion was hardest to guess?
- b. Did you feel that emotion today?
- c. How can you tell how someone is feeling in real life?

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