



**Module:**  
**ENGAGE CREATIVE YOUNG PEOPLE**  
**Unit 7: Communication**

**Partner name: ARTeria – [www.fundacja-arteria.org](http://www.fundacja-arteria.org)**

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## **GUESS THE EMOTION**

This is a fun game that's concerned with getting participants to become more aware of their feelings or emotions. Participants are split into teams and act out an emotion, such as disgust, affection, fear, anxiety, embarrassment, anger, determination... and the total group will try to guess what the emotion is.

1. Divide the group into two teams
2. Place on a table (or put in a box) a packet of cards, each of which has a particular emotion typed on it
3. Have a participant from Group A take the first card from the table and act out (pantomime) the emotion for his/her group. This is to be done in a fixed time limit (such as a minute or two)
4. If the emotion is guessed correctly by Group A, they receive ten points
5. Now have a participant from Group B act out an emotion; award points as appropriate
6. After a few rounds it's time to announce the winning team based on its point total

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