

# It's My Feelings!

## Beliefs & Values



DISCOVER



QUICK



## What You Will Discover

Find out how to identify feelings, explore why we have them and understand how we express them.

## The Adventure

Play a game of emoji charades. It's a simple game of charades, but instead of acting out objects, you have to guess what emotions your friends are feeling to win the game! Feel free to ask your friends caring questions to learn more about their emotions and guess them correctly. You may also want to make up some characters and scenarios in advance. How would you show different feelings? How should you respond to someone else's various feelings?



It starts with Scouts.

## Plan

- What materials do you need for this activity?
- What emotions do you think might come up? Maybe happiness, fear, bravery, anger or determination?
- How can you make sure the activity is done in a positive and safe way?

## Do

Using **#ScoutsDoStuff**, share your emotions (and corresponding emojis!) with friends and family.

## Review

- What did you learn about feelings?
- How did you react differently to each emotion?
- Which emotion was the hardest to recognize?
- How can you help to make sure your peers are doing okay?

## Safety Note

- Where could you turn for help if you're feeling depressed, anxious or need support?
- How can you make sure your meetings are a positive and safe place?
- Visit [kidshelpphone.ca](https://www.kidshelpphone.ca) for tips and support.

## Try this

### Keep it Simple

With your Lodges, Lairs or Patrols, create a list of all of the emotions we feel as humans. From there, try acting each feeling out together to see what others might look like when they are feeling certain ways. How could you help out your friends who are sad, anxious or frustrated?

### Take it Further

Instead of acting your feelings, why not get out paper, pencils and paint and put your feelings and emotions into art form! Drawing can be a very calming way of demonstrating how you're feeling. You can even get your friends to try to guess your drawings and the emotions you're portraying. Start a conversation on different emotions, feelings are resources to help!

