



Welcome to this free pilot version of  
**Emotionology: The Game of Feelings**

The game is part of the **Developing Emotions** programme of lessons and resources developed by Queen Mary University of London and TKAT Multi-Academy Trust during 2020.

For more information visit: [EmotionsLab.org/schools/](https://EmotionsLab.org/schools/)

## **THE AIM OF THE GAME**

The aim of the game is to guess as many emotion words as possible – based on the drawings, descriptions, and charades of your team-mates – and then to place them on a two-dimensional map of feelings.

## **PREPARING YOUR EMOTIONOLOGY CARDS**

Print out the 6 sheets of symbols below – on paper or card – and stick them together back-to-back, so that the hearts are on one side and the black-and-white symbols are on the other. Cut them into individual squares.

You now have 45 cards: 30 with an emotion word and a symbol, 15 with a symbol only. You are ready to play!

## **RULES OF PLAY: Round One**

First, **get into teams**. Each team must have at least two players. One player (for instance a teacher or parent) is the **referee**. If there are not enough players, the referee can double up as a member of a team.

Now personalise your deck by filling in the cards without emotion words.

Deal out the 15 blank cards evenly among all the players. Each player writes an emotion word on the blank cards they have been dealt.

It could be something simple like **happy** or a more unusual feeling, like **petrified**, **ecstatic**, or **raging**.

Shuffle the pre-printed and hand-written cards into a single pack and deal them out evenly between the teams. Each team then has their own deck of emotion cards, face down in a pile in front of them.

Each team needs scraps of paper, and pens or pencils to draw with.

The referee sets a timer for **five minutes** and says **go!**

Within your pairs or teams, each player takes a turn to take a card from the top of your pile. **They must not show or say the emotion word!**

Then they have to **describe**  , **draw**  , or **act out**  the word on their card, depending on the symbol.

If you don't know the word on the card you turn over, that's fine – just put it to the bottom of the pile and take another one!

When your team guess an emotion correctly, place it face up in a separate pile.

At the end of the five minutes, the referee tells everyone to stop, and counts up how many emotions each team guessed correctly.

**Each team scores 10 points for each correctly guessed emotion.**

## **RULES OF PLAY: Round Two**

For Round Two of **Emotionology** each team collects together their deck of emotion cards, shuffles them, and places them face down again.

The referee gives each team a copy of the **feelings map** - which is on the final page of this document - or it can be copied by hand on to blank paper by players as part of the activity.

In this round of the game, teams need to discuss where each of their emotion words fits on the **feelings map** and to write it in what they think is the appropriate position.

For each emotion word, teams need to ask themselves two questions:

- Does it feel **nice** or **nasty**?
- Is it **high energy** or **low energy**?

The more pleasant the feeling, the further to the right it should go - the more negative or unpleasant, the further to the left. Intense and energetic emotions go higher up, and ones with low energy, or none, go lower down the page. In the centre is **meh!**

For Round Two, the timer is set for only **two minutes**, and teams have to **write as many of their emotion words as possible on to their feelings map** – turning over one card at a time from their deck and deciding where it should go.

At the end of the two minutes, the referee counts up how many words have been written on to an appropriate part of the map by each team. There may be some interesting debates about the appropriate position for some of the words...these debates are part of the game, but **the decision of the referee is final!**

**Each team scores a further 10 points for each emotion word correctly placed on their map.**

Rounds One and Two can each be repeated as many times as desired. When time and emotions have been exhausted, the winning team is the one with the most points!

Blue



Melancholy



Laughing



Joyful



Contented



Happy



Terrified



Petrified



Scared



Crying



Friendly



Loving



Elated



Furious



Excited



Sorrowful



Horrified



Tense



Angry



Irate



Raging



Laughing



Amused



Hysterical



Worried



Anxious



Ecstatic



Unhappy



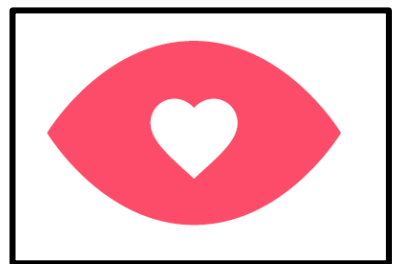
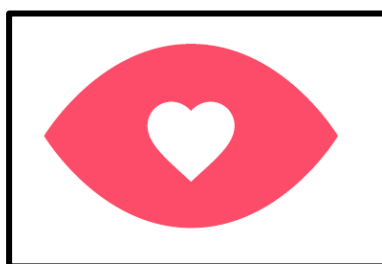
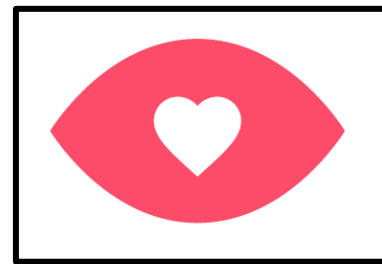
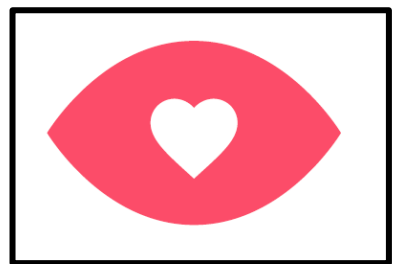
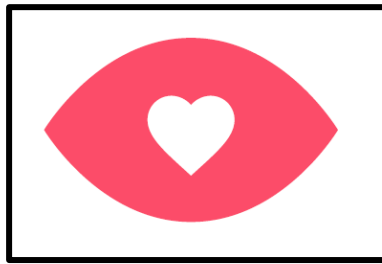
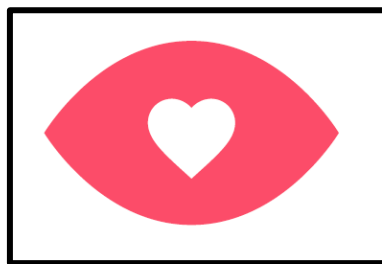
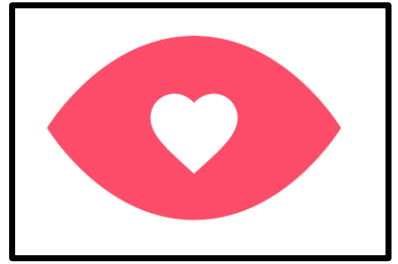
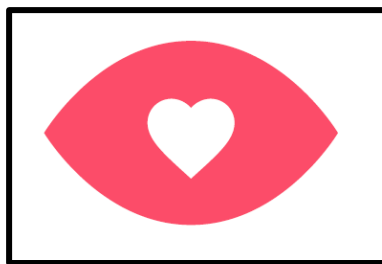
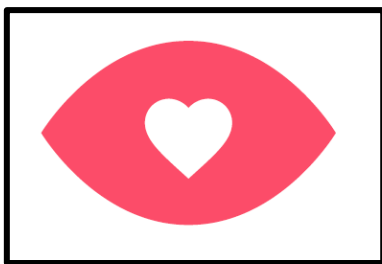
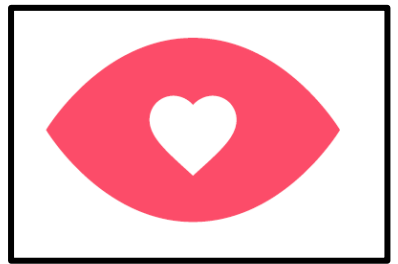
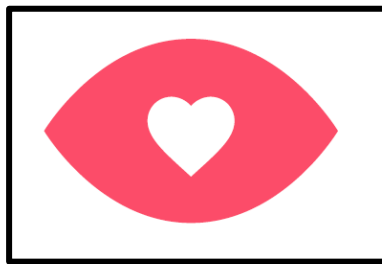
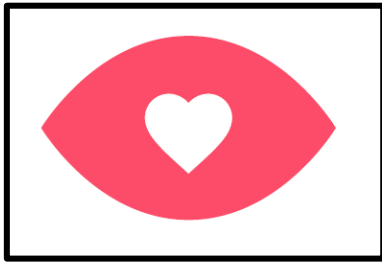
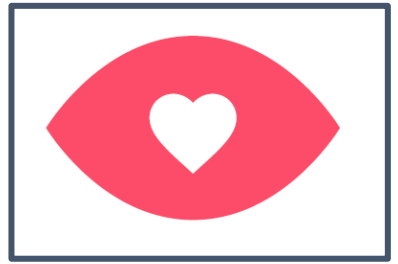
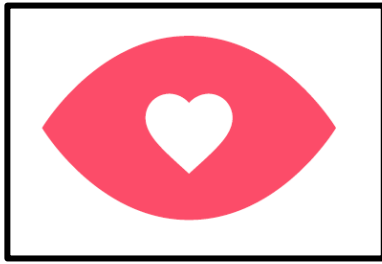
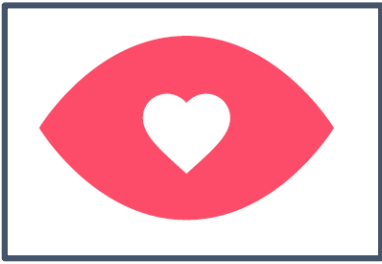
Apprehensive

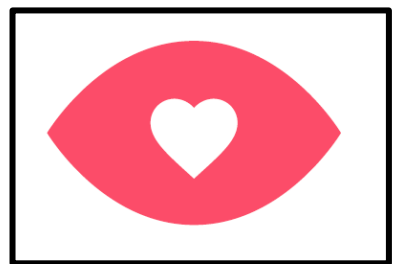
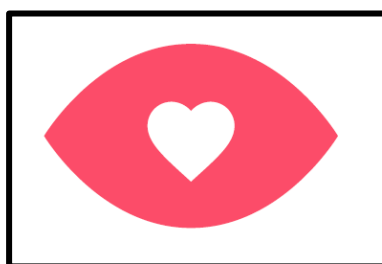
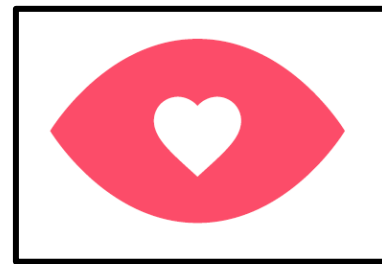
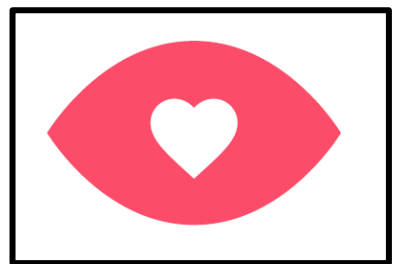
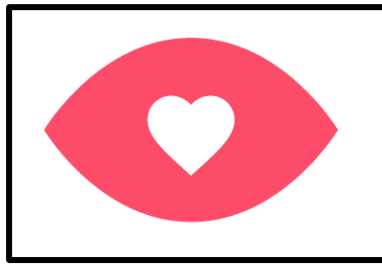
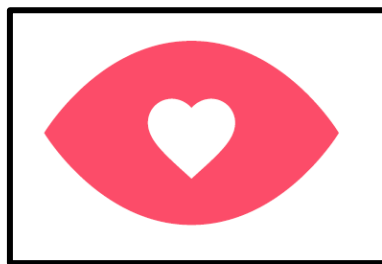
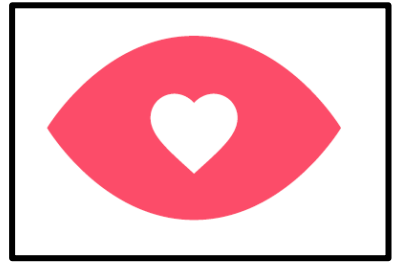
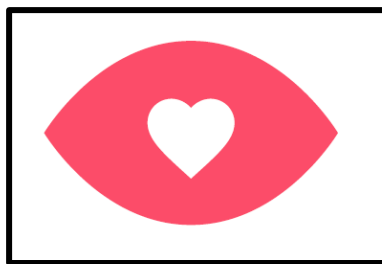
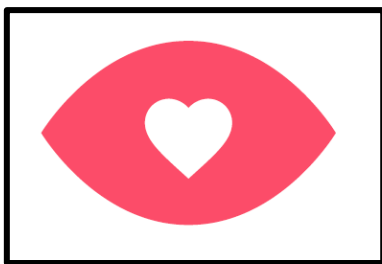
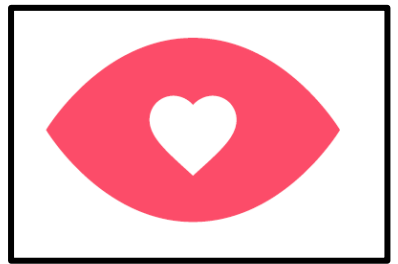
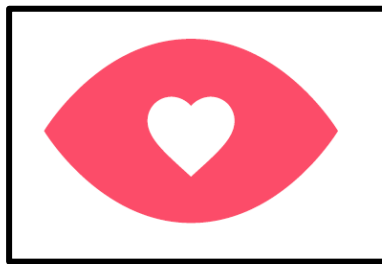
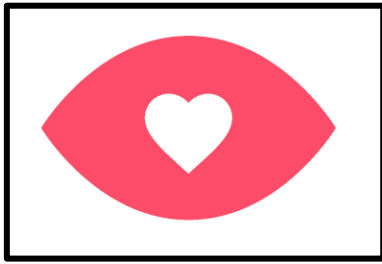
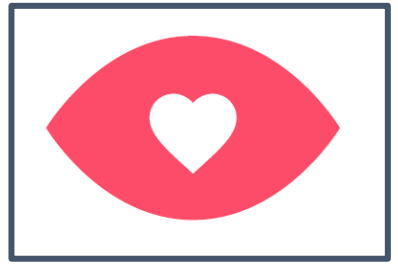
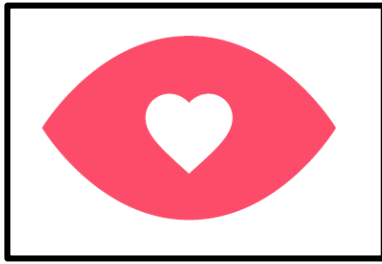
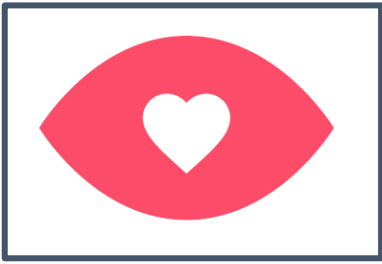


Calm

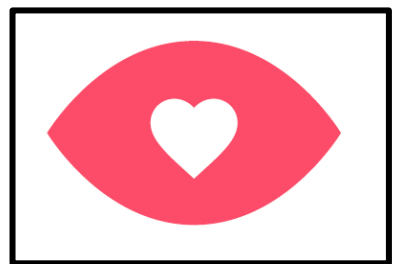
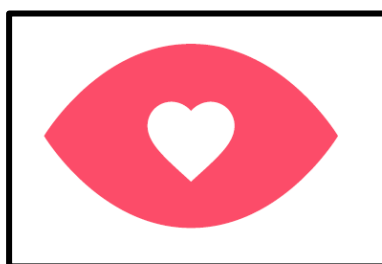
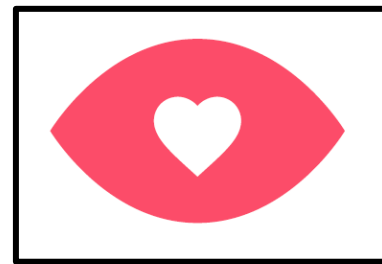
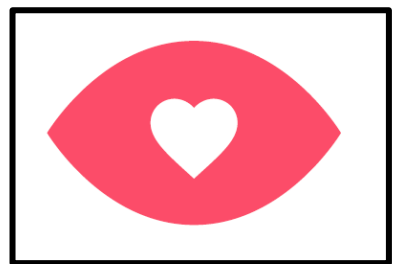
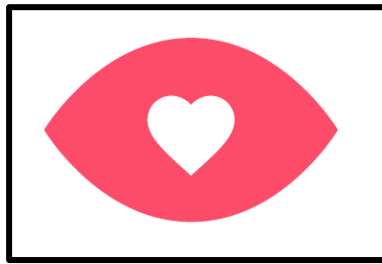
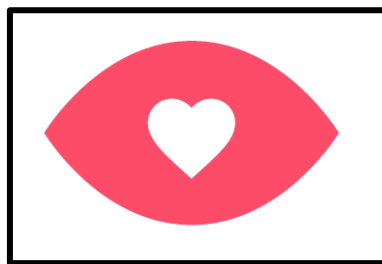
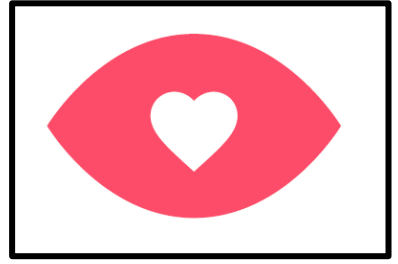
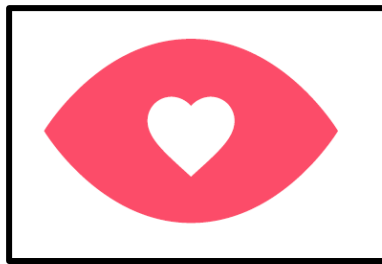
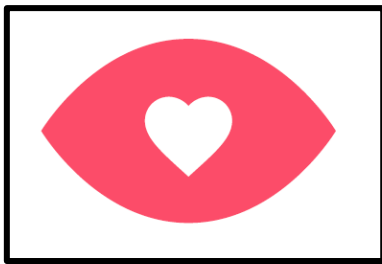
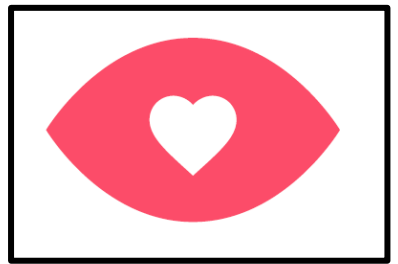
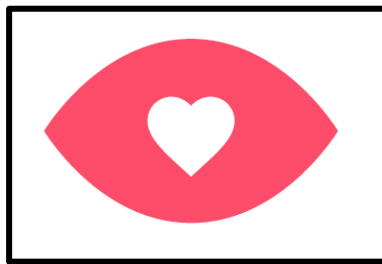
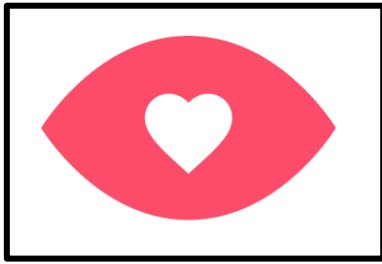
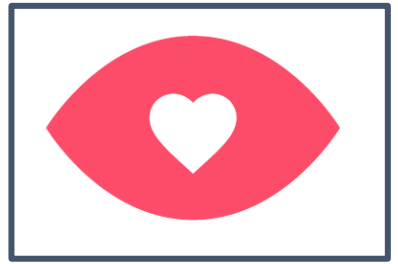
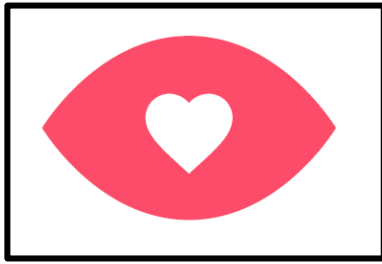
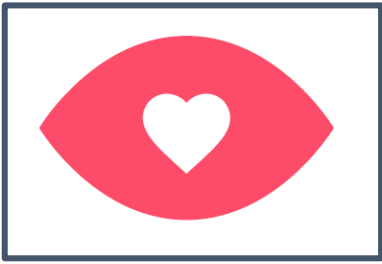














## Emotionology: Round Two

Write the emotions in the appropriate part of the feelings map below!

We have added three words to get you started.

