



First aid

Are you okay?

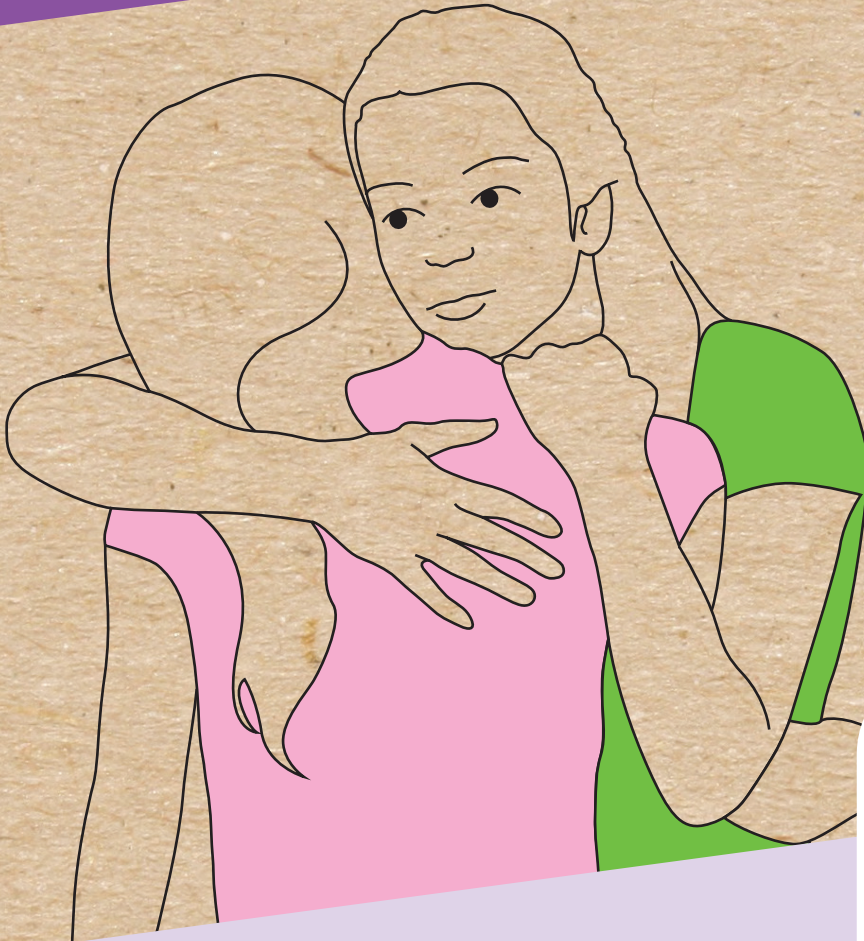
Stage

3

30 mins



Skills builder



Aim of activity

The way you feel changes all the time! Discover how to recognise what people around you are feeling.

What you'll get out of it

- Explore different emotions.
- Practise recognising emotions.

What you'll need

- Pens
- Paper
- Scissors
- A timer
- Colouring pens or pencils
- A large, clear space
- String or lollipop (optional)
- Stickers (optional)



WE DISCOVER, WE GROW

Girlguiding



First aid

Note to leaders

If you receive any disclosures or have a concern for welfare, follow the *A Safe Space* guidance. If there is an immediate risk of harm, call the police and out-of-hours Safeguarding team on 07508 032997.

You will need to check everyone knows how to play rock, paper, scissors.

What to do

1 Form a circle. As a group, talk about different ways you can tell how someone's feeling. What if someone couldn't tell you they were feeling happy? How would you know?

2 Split into small teams. Your leader will give each team a feeling. Don't tell anyone else what it is.

- Joyful
- Worried
- Excited
- Annoyed
- Proud
- Bored
- Relaxed
- Disappointed

3 Now, on your own, move around your space and when your leader shouts 'Go!' find someone from another team. Play rock, paper, scissors in your pairs until one of you wins.

4 If you're the winner, you must describe your feeling to your partner without saying the word. For example, if you had 'bored' you might say 'there's nothing to do here'. You only have 30 seconds – your leader will time you.

5 Your partner will try to guess your emotion. If they get it right, both of your teams get a point!

Top tip

Why not keep track of the points by giving stickers each time to those who win? Or you could use a score chart.

6 Play a few more times. Choose a new partner each time.

7 Which team has the most points? Give them a round of applause.

8 Play again with a different feeling. This time you can't talk, so you'll need to make a paper mask to show your feeling. Once you know your feeling, get creating!

9 Get back together. Talk about how hard it was guessing the feelings. Did it get easier over time?

10 It's important to pay attention to find out how your friends are feeling. Talk about which feelings might mean someone isn't feeling okay. What could you do to help them? You could ask a friend how they feel, as talking about it can often help. Always tell a trusted adult if you're worried about yourself or others.

Take it further

In groups, act out how you might help someone who doesn't seem okay.