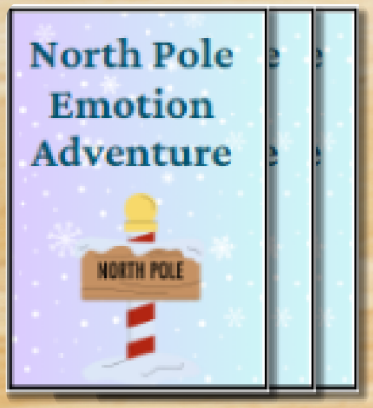
North Pole

Emotion Adventure Game





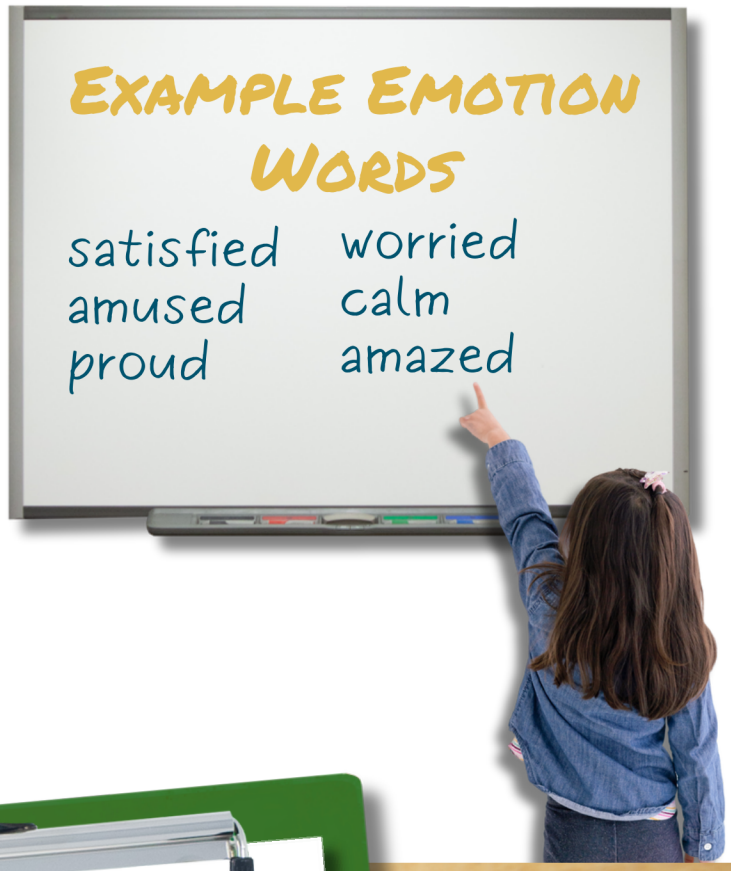


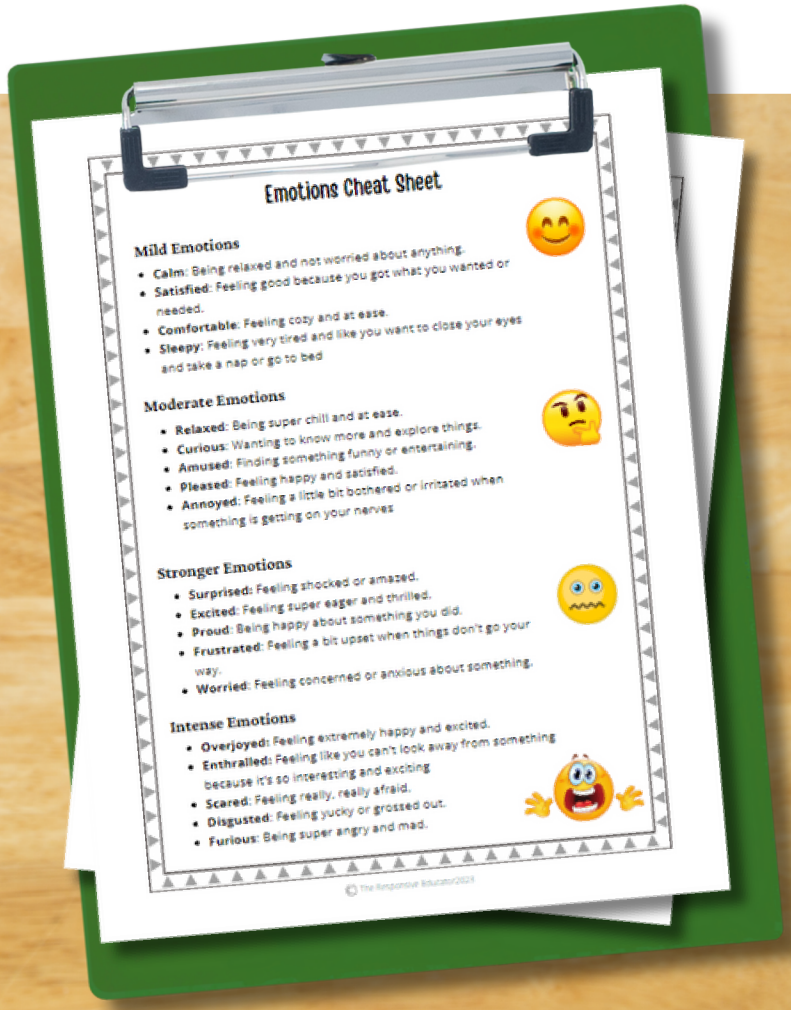
Review Emotions

on the board

OR

using the Emotions Cheat Sheet





Discuss Game Rules









North Pole Emotion Adventure: An SEL Game

Objective

Students will explore and discuss emotions in a jungle adventure context, enhancing their emotional awareness and empathy.

Materials

Game board
Emotions Cheat Sheet
Jungle Adventure Cards
Game pieces
1 Die







Before the Game

Discuss the Emotions Cheat Sheet, drawing attention to the emotions being presented in a range from mild to intense.

Playing the Game (20 minutes)

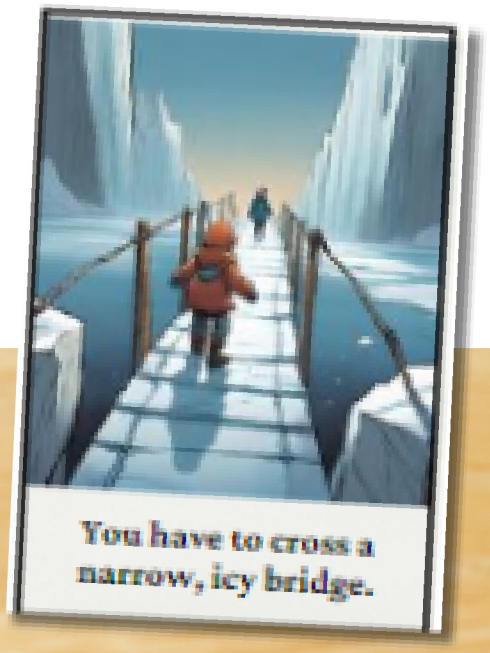
1. Students play in pairs or small groups.
2. One player draws a jungle adventure card and reads the event described aloud.
3. The student states the emotion they would feel in response to the event on the jungle adventure card and explains why they would feel that way. Try not to use the same emotion word more than once. Use the Emotions Helper sheet if you need help.
4. Other students state whether they would feel the same emotion or a different one, and why.
5. After sharing their emotion and explanation, the player rolls one die and moves their game piece according to the number rolled.
6. To win, you must land on "Finish" by an exact roll of the die.

After the Game Reflection Questions

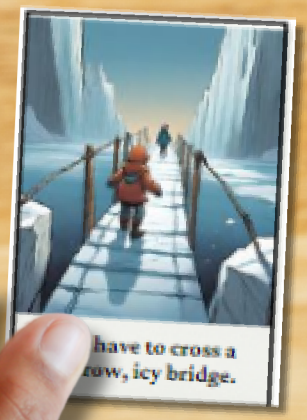
- What was your favorite adventure card, and what emotion did it make you feel?
- How do you think understanding and talking about emotions can help us in our everyday lives?
- Share a time when you felt one of the emotions from the game in real life?
- How can understanding and supporting each other's emotions make our friendships stronger?
- What are some ways we can express our feelings, whether they are happy, sad, excited, scared, or worried?

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Draw a card & read aloud









Share

what emotion the jungle scenario would make you feel



Roll

the die and race to the finish line!





Reflect & Discuss

your favorite jungle adventure scenarios & the emotions you felt

