

# EMOTION MOTIONS

AN INTERACTIVE GAME TO HELP CHILDREN  
MOVE THROUGH THEIR EMOTIONS

WSU HD 560 SPRING 2022 SERVICE LEARNING PROJECT



**Instructions:** Emotion Motions is a game designed to help children understand their feelings and find ways to express those feelings. This is done by using the printable dice provided in this packet and completing the corresponding activity with children to help them move through their emotions. Here's an example of how to engage in this activity:

"It looks like you're having a big feeling. I see [behavior, facial expression] happening, are you [emotion]? Let's try expressing that through a motion." <Pull out [specific emotion] dice>. Let the child roll the dice. Say the motion together. Now say, "Let's try the motion."

**Information About the Dice:** There are templates available to make each emotion dice. There is also a numbered dice template if you want to use just one dice. Each emotion dice is a different color, which matches one of the six emotions on the color wheel. For example, the emotion "happiness" = yellow. If you have dice at home or would like to cut out and use the numbered dice instead of the emotion dice, please use these with the action list table below. The action table has all six emotions and their corresponding actions with numbers to match the numbered die. To create the dice, cut out each template along the edges, fold along all lines, and use tape or glue to hold the sides together.

**Modifications:** These activities are meant to be appropriate for school or similar settings, but you may discuss other actions for different settings, like yelling into a pillow when at home but not yelling at school. We would also like to note that some of these actions might not be realistic or preferable for kids of different physical abilities or neurodivergences (including but not limited to ADHD or autism). Feel free to change the actions to be most appropriate and meet the needs of each child!

**Why This is Helpful for Kids:** Interactive activities using language a child can understand helps to build trust and deepens your relationship, which in turn helps them build healthy relationships throughout their lives. It can also help a child expand their awareness of emotions and feelings and ways to self-regulate or cope with feelings through movement. Sometimes kids do not have words to express their emotions and instead might focus on physical sensations. For example, they might feel their stomach is in a knot or butterflies, but not know the word "nervous" to express themselves.

**Additional Information:** If you want to learn more about how movement is helpful for expressing emotions, the importance of relationship building, or anything more generally about child development, check out the following website:

<https://labs.wsu.edu/developingmind/>

Use this emotion wheel to help children describe their primary emotions using other words and feelings they may be more familiar with. The inner circle (e.g., Happy, Sad, Scared) describes primary emotions and the outer circle (e.g., Proud, Hurt, Afraid) describes secondary emotions.



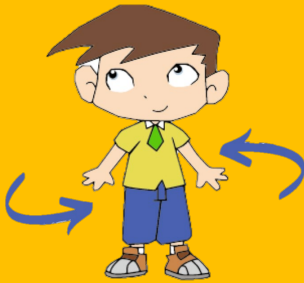
## Emotion Motions Action List

<b>Happy (Proud, Excited, Playful)</b> <ol style="list-style-type: none"> <li>1. Take a calming breath</li> <li>2. Dance (or sway, or rock your body)</li> <li>3. Clap your hands</li> <li>4. Self-hug or hug (with caregiver, or ask first)</li> <li>5. High five (with caregiver, or ask first)</li> <li>6. Spin</li> </ol>	<b>Surprised (Amazed, Shocked, Confused)</b> <ol style="list-style-type: none"> <li>1. Take a calming breath</li> <li>2. Clap your hands</li> <li>3. Drop your jaw/open your mouth</li> <li>4. Stretch your arms</li> <li>5. Jump up and down</li> <li>6. Spin around</li> </ol>
<b>Sad (Hurt, Guilty, Lonely)</b> <ol style="list-style-type: none"> <li>1. Take a calming breath</li> <li>2. Dance (or sway, or rock your body)</li> <li>3. Pout/cry it out</li> <li>4. Create</li> <li>5. Self-hug or hug caregiver</li> <li>6. Reach for your toes</li> </ol>	<b>Angry (Mad, Jealous, Mistrustful)</b> <ol style="list-style-type: none"> <li>1. Take a calming breath</li> <li>2. Shake it out</li> <li>3. Make a fist (and shake it)</li> <li>4. Reach for the floor</li> <li>5. Create</li> <li>6. Cover your face with your hands</li> </ol>
<b>Scared (Afraid, Nervous, Worried)</b> <ol style="list-style-type: none"> <li>1. Take a calming breath</li> <li>2. Spin around</li> <li>3. Run in place</li> <li>4. Sit down</li> <li>5. Rest in a safe space</li> <li>6. Reach for your toes</li> </ol>	<b>Grumpy (Embarrassed, Tired, Bored)</b> <ol style="list-style-type: none"> <li>1. Take a calming breath</li> <li>2. Wiggle your arms</li> <li>3. Skip</li> <li>4. Jump on one foot</li> <li>5. Dance (or sway, or rock your body)</li> <li>6. Reach for your toes</li> </ol>

# HAPPY



High five



Spin



Give a hug



Clap hands



Take a calming  
breath

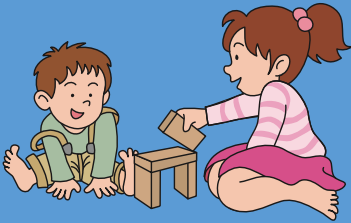


Dance

SAD



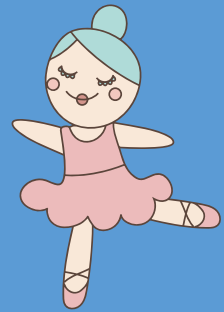
Reach for toes



Create



Self-hug



Dance



Take a calming  
breath

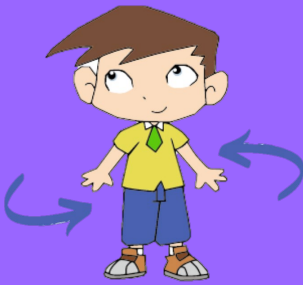


Pout/Cry it out

# SCARED



Run in place



Spin



Rest in a safe  
space



Reach for toes



Take a calming  
breath



Sit down

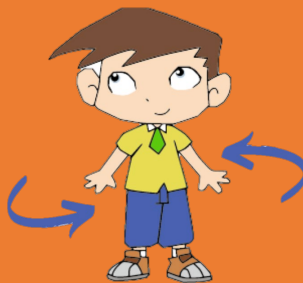
# SURPRISED



Drop your jaw



Stretch arms



Spin



Clap



Take a calming  
breath



Jump



# ANGRY



Make a fist



Reach for toes



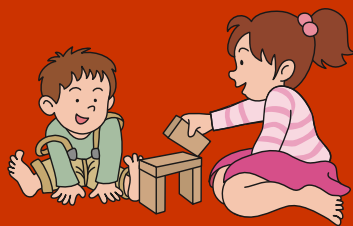
Cover your  
face



Shake it out



Take a calming  
breath



Create

# GRUMPY



Reach for toes



Skip



Jump



Wiggle arms



Take a calming  
breath



Dance

BLANK

