

How to Play Emotional Charades

1. Print two or more copies of the emotion cards and cut them out. Mix them up well!
2. Place all the cards face down in a pile or spread them out on the table.
3. Decide the order of turns. You can go: Clockwise
4. On your turn pick one emotion card without showing it to anyone. Act out the emotion using only your face and body — no words or sounds allowed!
5. The first person to guess correctly wins the card!
6. Continue taking turns until all the cards have been played.
7. Win the Game!
The player with the most cards at the end Win the Game!

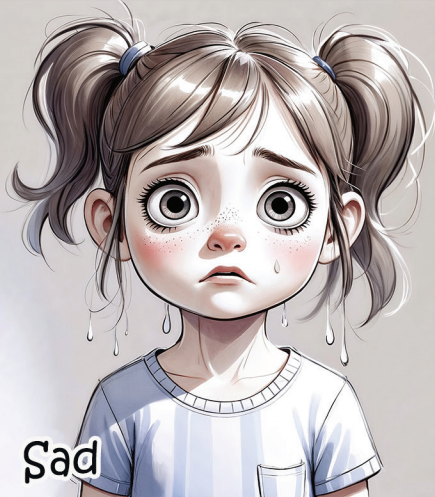
Why It Matters:

This playful activity helps children recognize and express emotions in a safe, supportive way. It builds emotional awareness, encourages empathy, and strengthens your connection as a family — all while sharing laughter and fun.

Emotional Charade Cards



Happy



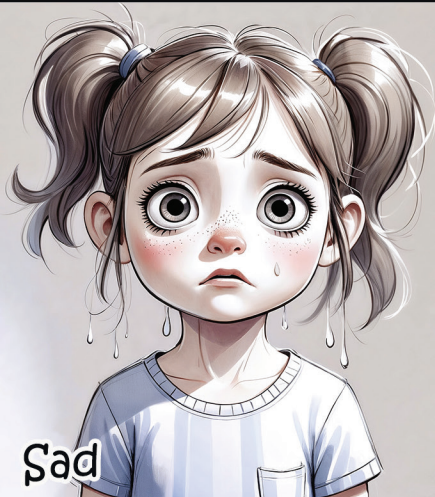
Sad



Engrý



Happy



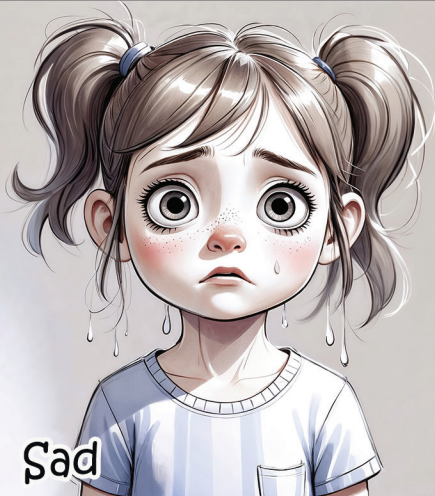
Sad



Engrý



Happy



Sad



Engrý

Emotional Charade Cards



Nervous-Shy



Disgusted



Embarrassed



Lonely



Tired/Bored



Confused



Scared



Proud



Surprised

Emotional Charade Cards



Nervous-Shy



Disgusted



Embarrassed



Lonely



Tired/Bored



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