



## EMOTIONAL INTELLIGENCE WITH A GENDER PERSPECTIVE

<b>TITLE</b>	Emotion Identification and Self-Awareness Game
<b>DESCRIPTION OF THE TOOL</b>	This engaging group game helps primary school students identify and discuss various emotions using cards with images and words. Students will cut out the cards themselves and have an opportunity to draw their own emotional expressions. This activity is designed to enhance emotional intelligence and self-awareness, with a focus on understanding and respecting different emotional experiences, including those related to non-normative gender behaviors.
<b>OBJECTIVES OF THE TOOL</b>	<ul style="list-style-type: none"><li>• Help students recognize and label different emotions through interactive and hands-on activities.</li><li>• Foster discussions about emotions and encourage students to share their feelings and experiences.</li><li>• Enhance self-awareness and empathy, with a special focus on inclusivity and understanding of diverse emotional experiences.</li><li>• Provide a creative outlet for students to express their emotions through drawing.</li></ul>
<b>TARGET GROUP</b>	Primary School Students: Ages 6 to 12 years Primary School Teachers: Facilitators of the activity
<b>TOOL DURATION</b>	Total duration: Approximately 30-40 minutes <ul style="list-style-type: none"><li>- Tool Introduction: 5 minutes</li><li>- Cards preparation: 5-10 minutes</li><li>- Emotion Identification Game: 10 minutes</li><li>- Reflection and Drawing Activity: 5-10 minutes</li></ul>
<b>RESOURCES &amp; MATERIALS</b>	<ul style="list-style-type: none"><li>• Emotion Cards (attached for printing)</li><li>• Scissors (for students to cut out the cards)</li><li>• Blank sheets of paper (for the drawing activity)</li><li>• Coloured pencils/crayons (for the drawing activity)</li></ul>



**IMPLEMENTATION  
OF THE TOOL**

### **1. Preparation**

Print the emotion cards and ensure there are enough sets for each group of students. Each set includes cards with images depicting various emotions and cards with the corresponding emotion words. Provide scissors, blank sheets of paper, and coloured pencils or crayons for the drawing activity.

### **2. Introduction**

Introduce the concept of emotions and explain why it's important to recognize and understand them. Emphasize how understanding emotions can help in being kind and inclusive to everyone, including those who might feel or express their emotions differently due to diverse gender expressions or experiences.

### **3. Emotion Cards Preparation**

Distribute the printed emotion cards and scissors to the students. Instruct them to carefully cut out the cards along the lines. Explain that the images show different emotional expressions, and the words describe those emotions.

### **4. Emotion Identification Game**

- Activity Setup: Divide the class into small groups and distribute a set of emotion cards (both images and words) to each group.
- Matching Task: Ask the students to work together to match each image card with the corresponding word card. Encourage them to discuss what each emotion looks like and when they might feel that way.
- Discussion: Once the matching is complete, gather the students and discuss their matches. Use questions like, "Why do you think this face shows 'happy'?" or "When have you felt 'surprised'?"

### **5. Reflection and Drawing Activity**

Provide each student with a blank sheet of paper and colored pencils or crayons. Ask them to draw a picture that shows how they felt during a recent emotional experience or a time they remember feeling one of the emotions from the cards. Encourage them to think about how they expressed and handled that emotion.

### **6. Sharing and Wrap-Up**

If comfortable, let students share their drawings and explain their emotional experience. Discuss how understanding and sharing our feelings can help us be kinder and more supportive to others, especially those who might feel or act differently. Collect the cards for future use or allow students to take them home as a personal emotional toolkit.



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**TIPS &  
ADDITIONAL  
INFORMATION**

- Remind students that emotions can be shown in many ways and there are no right or wrong answers in their drawings.
- Be prepared to address any sensitive emotional topics that might come up. Create a supportive environment where students feel safe to express their emotions.
- Consider using the emotion cards in future lessons or activities, such as role-playing or story-telling exercises, to reinforce emotional intelligence skills.



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