

Sticky Note Emotions

As a class brainstorm as many emotions as they may feel during an ordinary day (include positive and negative examples).

Have a prepared set of sticky notes numbering the exact amount of students, with one emotion written on each note. Each emotion must appear on two sticky notes.

Each student has a note stuck on their back so they cannot read their own, but they must find their partner – the student with the matching emotion.

To do this they need to ask questions of their classmates to first determine which emotion they are wearing, and then to find their partner.

For example:

24 students = 24 sticky notes with 12 emotions written on them.

Once they have found their partner they share with each other a time when they have felt that emotion and (if negative) a strategy they used to cope with it.