Emotion Cards

Print the sheet on thicker paper and cut it along the lines into 16 cards. Turn the cards face down and shuffle them. Sit in a circle. One volunteer draws a card, reads it silently, and acts out the emotion without words, using only facial expressions, gestures, and posture. The others guess. Once the group has guessed the emotion, discuss: What nonverbal signs helped you identify the emotion? What body posture or facial expression signaled it? Was it easy or difficult to recognize? Keep your card hidden from the others. Allow 20 to 25 minutes for one round.

Anger Angry (moderate level: frown, raised voice, tense hands)	**Sadness** Sad (drooping shoulders, looking down, slow movements)	**Worry** Worried (directed outward, at something specific: glancing at the door, wringing hands, checking the phone)	**Joy** Happy (open smile, relaxed body, bright eyes)
Surprise Surprised (brief and can even be pleasant: raised eyebrows, quick inhale)	**Confusion** Confused (furrowed brow, tilted head, searching for words)	**Tiredness** Tired (heavy eyelids, yawning, leaning back, slowing down)	**Calm** Calm (relaxed shoulders, slow breathing, gentle smile)
Anxiety Anxious (internal and physical, with no clear object: withdrawing, shallow breathing, restless legs)	**Pride** Proud (upright posture, raised chin, satisfied look)	**Irritation** Annoyed (the mildest level of anger: eye roll, sigh, dismissive wave)	**Excitement** Excited (quick movements, wide smile, can't wait)
Fury Furious (the strongest level of anger: whole-body outburst, clenched fists, loss of control)	**Shock** Shocked (stronger and paralyzing: hand over the mouth, freezing mid-motion, gasping)	**Playfulness** Playful (wink, teasing, mischievous grin, light movements)	**Indifference** Neutral (a face that gives nothing away: straight mouth, no gestures)

Co-funded by the European Union

DEQ-2023-2-SK02-KA220-YOU-000177746