



Co-funded by the  
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## ***Bobba at the beach - Intercultural awareness and understanding***

### **ACTIVITY 1: EMOTIONS AROUND THE WORLD**

Objectives/ aims of activity (children will be able to):

- Recognize, express and understand emotions in oneself and others

Activity steps

- 1) The teacher reviews the flashcards for emotions (see feelings) and asks children to name them and, if children want, share experiences
- 2) The teacher encourages children to show happy, sad, scared, angry faces and adopt fitting body postures.
- 3) Game “Emotion freeze song”: whenever the music stops, the teacher holds up a flashcard with one emotion and the children will pose and enact it.
- 4) Game “guess-my-mood-game”: enact mimes and postures that peers will guess.
- 5) The teacher shows children pictures of children smiling or with sad faces around the world and engages them in a discussion. Do all children around the world have the same feelings?
- 6) The teacher could also show children clips about emotion-management such as those from UNICEF.

Resources needed to carry out the activity

- <https://www.unicef.org/northmacedonia/resources-children-and-parents-support-social-and-emotional-development>

Approximative time indication for activity: activities can be done separately or be combined and can last up to 15 minutes