

Emotions Game Cards

- Each card has a prompt for an emotion game!

How to use:

- Switch around leaders for each card so everyone gets a turn.
- If no card is prompted during a game, you can pick one for inspiration at any time.

Echo Emotions

- One dancer pulls an emotion card and shows a short move with the emotion.
- Group echoes the move, then adds another emotion.
- See how many emotions you can echo and remember in a row!

Pass the Emotion

- One person draws an emotion card.
- Everyone closes their eyes.
- Leader begins with a simple movement that expresses that emotion and only shares with one person.
- Pass the movement around the circle secretly. Each person tries to copy exactly as is.
- When it gets back to the first person, the last person guesses the original emotion!

Emotion Mix-Up Relay

- Split into two groups.
- Each group gets an emotion card.
- Dancers run across the floor, do one movement in that emotion, then tag the next person.
- First group to finish half the emotion cards wins!

Empathetic Mirror

- Partner game: one dancer leads with emotional movements, the other mirrors exactly.
- Switch roles after 1 minute.
- Remember, you can use the emotions cards to help think of movements!

Story Dance Chain

- Pick 3 emotion cards.
- The first dancer starts a movement that tells the beginning of a story using one of the emotions.
- Each dancer continues the story by:
 - Drawing a new emotion card
 - Adding a movement that fits the new emotion and builds on the story.
- The last dancer finishes the story, incorporating the emotion they picked to wrap it up.
- Optional: Rotate who starts each round so everyone gets a turn leading.

Secret Signal Dance

- The leader creates a secret gesture.
- Play music and have a dance party!
- Whenever the other players shows the secret gesture, the lead dancer must suddenly switch their emotion.
- The rest of the group watches closely and tries to guess the secret gesture—pay attention to changes in the leader's emotions!
- If no one guesses by the end of the song, continue this rule as you play other emotion game cards. Lead continues to secretly switch until someone guesses.

Emotions Freeze Dance

- Music plays. When it stops, the leader calls an emotion (excited, nervous, proud).
- Dancers freeze in a statue showing that emotion.
- Take turns switching the leader.

Emotion Says

- One dancer becomes the Emotion Leader.
- The leader performs a movement with an emotion, but must say:
- “I am [emotion]” before doing it.
- Everyone copies the movement and emotion only if the leader says “I am [emotion]”.
- If the leader just shows the emotion or movement without saying “I am”, anyone who copies is out.
- The last dancer remaining becomes the next Emotion Leader.
- Optional: Encourage the leader to switch emotions quickly or combine movements to make it trickier!

Emotion Orchestra

- Divide the group into 3–4 sections (e.g., happy, angry, calm, silly).
- The leader acts like an orchestra conductor, pointing to each group to dance their assigned emotion.
- The leader can switch groups as slowly or quickly as they like—see if you can trick them!
- Optional: Rotate the leader so everyone gets a turn conducting the “orchestra.”

Whispered Moves

- One dancer creates a random word or sentence (e.g., Going on vacation! or School tests!).
- Whisper the word or sentence to another dancer.
- That dancer uses movement to show how the word/sentence makes them feel and what it represents—but doesn’t speak.
- The rest of the group first guesses the emotion, then guesses the word or sentence.
- Take turns so everyone gets a chance to be the leader.

Emotional Music

- The leader chooses 2 songs with different feelings—one slow, one upbeat.
- Dancers create a short dance to the first song, choosing an emotional theme.
- Then, perform the same moves to the second song.
- Notice how the feeling of the dance changes with the music!

Emotion Reference Cards

Each card has:

- Emotion name (big + bold for kids)
- Simple definition (kid-friendly)
- Body clues (how the emotion shows up physically)
- Movement inspiration (short prompts they can try in their bodies)

Happy

- Definition: Feeling joyful or light.
- Body clues: Smiling face, lifted chest, bouncy steps.
- Movement: Jumps, spins, arms stretched wide.

Angry

- Definition: Feeling mad or frustrated.
- Body clues: Tight fists, stomping feet, scrunched face.
- Movement: Strong stomps, sharp arm punches, quick steps.

Shy

- Definition: Feeling quiet or unsure around others.
- Body clues: Looking down, shoulders forward, moving small.
- Movement: Slow steps, hiding arms, turning away.

Bored

- **Definition:** Feeling uninterested or tired of something.
- **Body clues:** Slouching, yawning, dragging feet.
- **Movement:** Slow walks, floppy arms, stretching, lying down.

Nervous

- **Definition:** Unsure or worried about something.
- **Body clues:** Fidgeting, looking around, shifting weight.
- **Movement:** Quick small steps, wringing hands, darting.

Brave

- **Definition:** Feeling strong even when nervous.
- **Body clues:** Standing tall, chest out, strong gaze.
- **Movement:** Wide steps, big reaches, marching.

Sad

- **Definition:** Feeling down or upset.
- **Body clues:** Drooped head, slouched shoulders, heavy steps.
- **Movement:** Slow, dragging, folding in.

Excited

- **Definition:** Bursting with energy and joy.
- **Body clues:** Eyes wide, quick steps, bouncing.
- **Movement:** Jumps, fast spins, clapping hands.

Calm

- **Definition:** Relaxed and peaceful.
- **Body clues:** Slow breathing, soft arms, smooth posture.
- **Movement:** Floating arms, gliding walks, swaying.

Proud

- **Definition:** Feeling good about yourself.
- **Body clues:** Chin up, tall posture, smiling.
- **Movement:** Big steps, open arms, strong poses.

Curious

- **Definition:** Feeling interested or eager to learn more.
- **Body clues:** Leaning forward, wide eyes, head tilted, alert posture.
- **Movement:** Reaching out, exploring steps, looking around, gentle circling motions.

Kids' Emotion & Movement Card Game

– Fun Dance Activities for Emotional Learning

Why This Game Matters

Nonverbal communication—like facial expressions, posture, and movement—is a key part of emotional intelligence. Practicing these body cues helps children build empathy, understand others, and express themselves with confidence. This card game makes learning these important skills fun and engaging through movement and play!

Want More?

Learn more about mental skills and emotional intelligence through dance at
thesecretdancetechnique.com