

Emotions as weather

An activity to help children understand and name emotions.

SEL domains: **SELF-AWARENESS**

Target group: 6-11 years old

Activity type: Individual/Group

Goals:

- To recognize and name basic emotions
- To practice team sharing
- To improve programming skills with a robot

Control interface:

Photon Joystick / Photon Draw / Photon Badge

Required items:

- The Photon Robot
- Square exercise mat (plain grid)
- Flashcards with weather symbols (Emotions and characters)
- Worksheet "Weekly Emotion Observation Calendar"

Activity preparation:

- Place the mat on the floor. Place the weather-related images on the mat.

Activity:

- Ask the children to sit in a circle. Begin by asking, one child at a time, to program the robot to indicate a weather symbol representing the child's mood on that day.
- The child sets the color of the ears and the sound the robot should play. Then ask the child to tell everyone how they feel today.

Note: You could introduce a "**Weekly Emotion Observation Calendar.**" on a shared worksheet/ board, children could draw a weather symbol representing their main emotion each day (they could also add a caption). Then on Friday, you could sit together to recap the week to find out which emotions were felt most of the time.

This exercise, or a similar format, could be a universal tool to recap/assess the outcome of a specific teaching method or activity day.