



Introduction:

The purpose of this activity is to help you practice empathy and better understand your coworkers or group members' reactions.

Participant Instructions:

1. The facilitator will divide you into two teams: Team A and Team B.
2. The facilitator will then place a set of Emotion Cards on a table (or in a box). Each card will have a different emotion typed on it.
3. The facilitator will invite a participant from Team A to take the top card and act out (pantomime) the emotion for their group. This should be done within a fixed time limit (such as one or two minutes).
4. If the emotion is guessed correctly by Team A, they receive ten points.
5. Then, the facilitator will invite a participant from Team B to pick up the next card and act out the emotion. If they guess correctly, they also receive ten points.
6. You will continue rotating turns between the two teams for 20 to 30 minutes. Keep track of the points after each turn.
7. After the 20 to 30 minutes have lapsed, time will be called, and the winning team will be announced based on its total points.