



Educator guide: Emotion Ocean game

Recommended for grades:

3rd grade

Time: 6 minutes

Prerequisites:

In order for students to be successful in the game students would benefit from participating in the following lessons:

- Feelings lesson (3rd grade)

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- Standard 7: Demonstrate practices and behaviors to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning objectives:

After completing this activity students will be able to:

1. Name at least four different emotions.

Activity description:

Students will be presented with different situations for which they need to identify how a person would be feeling. As they correctly identify emotions, they will move across the ocean. Their goal is to make it all the way across the Emotion Ocean.



Vocabulary:

Use the following list of vocabulary as a reference for yourself and your students as you complete the Emotion Ocean game. You may choose to use this list in any way that fits your needs.

- Angry – feeling mad or upset
- Emotion – a feeling such as happiness, love, fear, anger, or hatred, which can be caused by the situation that you are in or the people you are with
- Feeling – an emotional state, such as happy, sad, excited, scared etc.
- Friend – a person you enjoy spending time with
- Sad – feeling unhappy
- Worried – feeling very concerned

Transcripts

Instructions

Ahoy! It's time to sail the Emotion Ocean! Use your ability to recognize feelings to answer questions and cross the ocean safely. Correctly answer two questions in a row to reach the island checkpoints along the way, and learn what the people who live on these islands do to stay mentally healthy. Answer two in a row incorrectly and you'll shipwreck. Ready to set sail? Click the play button to get started.

Character selection

Choose your character.

Game questions will appear in random order. Correct answers are in bold.

Jose has a big math test this afternoon. He has butterflies in his stomach and doesn't feel like eating lunch. How is Jose feeling?

- a. Sad (Incorrect. Jose is feeling nervous about his upcoming math test.)
- b. Angry (Incorrect. Jose is feeling nervous about his upcoming math test.)
- c. **Nervous (Correct! Jose is feeling nervous about his upcoming math test.)**

Kaitlin is next up to present her book report to the class. Her palms are sweaty and her mouth feels dry. How is Kaitlin feeling?

- a. Angry (Not quite. Kaitlin is feeling nervous about her presentation.)
- b. **Nervous (Good job! Kaitlin is feeling nervous about her presentation.)**
- c. Silly (Not quite. Kaitlin is feeling nervous about her presentation.)

Conner has a few friends over at his house and his little brother will not leave them alone. Conner has asked him to get out of his room three times already. Now his face is turning red and his muscles are beginning to tense up. How is he feeling?

- a. Excited (Sorry, but Conner is feeling angry.)
- b. **Angry (You're right. Conner is feeling angry.)**
- c. Happy (Sorry, but Conner is feeling angry.)

Jenayah joined the basketball team this year, and their first game is coming up this weekend. She can't wait! Her whole family will be there to cheer her on. How is Jenayah feeling?

- a. Angry (Nope. Jenayah is feeling excited about her upcoming game.)
- b. Worried (Nope. Jenayah is feeling excited about her upcoming game.)
- c. **Excited (Yes! Jenayah is feeling excited about her upcoming game.)**



Caleb can't concentrate on anything at school today. He's going to get a new hamster after school, and he can't wait! How is Caleb feeling?

- a. **Excited (That's right! Caleb is feeling excited about getting his new hamster.)**
- b. Sad (Not quite. Caleb is feeling excited about getting his new hamster.)
- c. Nervous (Not quite. Caleb is feeling excited about getting his new hamster.)

Shaila's best friend just moved to another state, and she misses her a lot. She cries every time she thinks about it, and she just wants to be by herself. How is Shaila feeling?

- a. Happy (That's incorrect. Shaila is feeling sad about her best friend moving away.)
- b. **Sad (Correct! Shaila is feeling sad about her best friend moving away.)**
- c. Confident (That's incorrect. Shaila is feeling sad about her best friend moving away.)

A few kids are making fun of Trey at recess. They're calling him names. Trey's face gets all red and his heart starts beating faster. How is he feeling?

- a. Disappointed (Not quite. Trey is feeling angry.)
- b. Confused (Not quite. Trey is feeling angry.)
- c. **Angry (That's right. Trey is feeling angry.)**

Savannah is sharing with the class what she did over winter break. She went sledding, built a snowman, watched movies and drank lots of hot chocolate. She's smiling from ear to ear. How is Savannah feeling?

- a. **Happy (Good job! Savannah is feeling happy about her winter break.)**
- b. Sad (Sorry, but Savannah is feeling happy about her winter break.)
- c. Frustrated (Sorry, but Savannah is feeling happy about her winter break.)

Mason's dog ran away. He has butterflies in his stomach and he's having trouble concentrating at school. How is Mason feeling?

- a. Frustrated (Not quite. Mason is feeling worried about his lost dog.)
- b. Excited (Not quite. Mason is feeling worried about his lost dog.)
- c. **Worried (That's correct. Mason is feeling worried about his lost dog.)**

Harper sees a classmate being bullied in the hallway at school. She has butterflies in her stomach. She wants to help her classmate, but she doesn't want the bully to start bothering her. How is Harper feeling?

- a. Bored (That's incorrect. Harper is feeling scared.)
- b. Confident (That's incorrect. Harper is feeling scared.)
- c. **Scared (Correct. Harper is feeling scared.)**



Jonah is hanging out with his cousins today. They're all smiling and running around having fun. How is Jonah feeling?

- a. Mad (Not quite. Jonah is feeling happy.)
- b. Happy (You're right. Jonah is feeling happy.)**
- c. Nervous (Not quite. Jonah is feeling happy.)

Lauren's mom is having a surgery today. Lauren's having trouble concentrating, and her stomach feels like it's in knots. How is she feeling?

- a. Worried (That's right. Lauren is worried about her mom's surgery.)**
- b. Excited (That's incorrect. Lauren is worried about her mom's surgery.)
- c. Disappointed (That's incorrect. Lauren is worried about her mom's surgery.)

Jaxon's guinea pig died, and he feels terrible. He's been crying a lot and is having trouble sleeping. How is Jaxon feeling?

- a. Nervous (Not quite. Jaxon is feeling sad about losing his guinea pig.)
- b. Sad (That's correct. Jaxon is feeling sad about losing his guinea pig.)**
- c. Calm (Not quite. Jaxon is feeling sad about losing his guinea pig.)

Nevaeh just woke up from a nightmare. She woke up breathing heavy and her heart is beating really fast. How is Nevaeh feeling?

- a. Safe (That's incorrect. Nevaeh is feeling scared from her nightmare.)
- b. Angry (That's incorrect. Nevaeh is feeling scared from her nightmare.)
- c. Scared (Correct. Nevaeh is feeling scared from her nightmare.)**

Elijah is doing his math homework, and he's stuck on a problem. His muscles start to feel tight and he feels like he can't sit still. He gets up and yells "I'll never get this problem!" How is Elijah feeling?

- a. Worried (Sorry, but Elijah is feeling frustrated.)
- b. Frustrated (Correct. Elijah is feeling frustrated.)**
- c. Sad (Sorry, but Elijah is feeling frustrated.)

Jayden has been practicing her back walkover at gymnastics, but she can't quite get it. Her coach is trying to help her, but she walks away and says "I'll never be able to do it!" How is Jayden feeling?

- a. Frustrated (Correct. Jayden is feeling frustrated.)**
- b. Excited (Not quite. Jayden is feeling frustrated.)
- c. Confident (Not quite. Jayden is feeling frustrated.)

Milo is starting at a new school today. He has butterflies in his stomach and he had a hard time sleeping last night. How is Milo feeling?

- a. Confident (Not quite. Milo is feeling nervous about starting at a new school today.)
- b. Nervous (Correct. Milo is feeling nervous about starting at a new school today.)**
- c. Calm (Not quite. Milo is feeling nervous about starting at a new school today.)



Lyla came home from school to a list of chores her mom left for her to do. She hates doing chores. She slams her fist on the kitchen table and yells “I don’t want to clean my room!” How is Lyla feeling?

- a. **Angry (That’s right. Lyla is feeling angry about having to do her chores.)**
- b. Sad (Nope. Lyla is feeling angry about having to do her chores.)
- c. Nervous (Nope. Lyla is feeling angry about having to do her chores.)

Noah just found out from his aunt that she’s taking him to see his favorite basketball team this weekend. When he finds out his eyes get wide, he starts jumping up and down, and he yells “Yes!!” How is Noah feeling?

- a. Calm (Not quite. Noah is excited about going to see his favorite team.)
- b. **Excited (You got it! Noah is excited about going to see his favorite team.)**
- c. Scared (Not quite. Noah is excited about going to see his favorite team.)

Bella wants to play kickball with her friends at recess, but they tell her they already have enough players, and she can’t join them. Bella walks away with her head hanging and sits on a bench all alone. How is Bella feeling?

- a. Happy (That’s incorrect. Bella is feeling sad because her friends won’t let her play.)
- b. Scared (That’s incorrect. Bella is feeling sad because her friends won’t let her play.)
- c. **Sad (Correct. Bella is feeling sad because her friends won’t let her play.)**

Alex had his first solo in the school concert tonight. As he is walking back to the risers his music teacher gives him a high five. Alex’s face lights up and he’s grinning from ear to ear. How is Alex feeling?

- a. **Happy (You’re right! Alex is feeling happy about his solo.)**
- b. Nervous (Nope. Alex is feeling happy about his solo.)
- c. Disappointed (Nope. Alex is feeling happy about his solo.)

Makayla’s parents have been arguing a lot lately. Every time they argue, Makayla’s body tenses up and she wonders what will happen. How is Makayla feeling?

- a. Excited (Not quite. Makayla is feeling worried.)
- b. Confident (Not quite. Makayla is feeling worried.)
- c. **Worried (That’s correct. Makayla is feeling worried.)**

Jamari is standing in line for his first roller coaster ride. He’s not sure about it. His stomach has butterflies and his muscles are all tensed. How is Jamari feeling?

- a. Confident (Not quite. Jamari is feeling scared.)
- b. **Scared (That’s right. Jamari is feeling scared.)**
- c. Sad (Not quite. Jamari is feeling scared.)



Allie is a good reader, but she doesn't like it. She is supposed to read for 20 minutes four days a week. She is trying to read a new chapter book from the school library, but she's not enjoying it. She says it's too hard for her and there are too many words on a page. She finally gets up, throws the book on the floor, and says "I hate reading!" How is Allie feeling?

- a. Happy (Nope. Allie is feeling frustrated.)
- b. Calm (Nope. Allie is feeling frustrated.)
- c. **Frustrated (That's correct. Allie is feeling frustrated.)**

Reflection island

Nice job! You've made it to Reflection Island. The people on this island know that it's easier to deal with your feelings if you take time to think about how you feel and why you feel that way. Click the arrow button when you're ready to sail on.

Action island

Great job! You've made it to Action Island. The people here stay mentally healthy by finding ways to deal with their feelings, like talking to adults or doing something active. Click the arrow button when you're ready to start the last leg of your trip.

Win

Congratulations! You've made it across the Emotion Ocean. Welcome ashore! Recognizing your feelings, and being able to deal with them, will help keep you mentally healthy. Click the play button to play again.

Game over-Shipwreck

Oh no! You've shipwrecked. Click the play button to get back to shore and try again.



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Tricia Schutz, MSW, LCSW, Children's Wisconsin





Contact us:

**Children's Wisconsin
E-Learning Center**

(866) 228-5670

healthykids@childrenswi.org

