

Feelings Relay - Levels F-3

STAY ACTIVE

To help younger students recognise and explore emotions through fun movement activities, while encouraging kindness, teamwork, and positive energy regulation.



Learning Intentions

Students aim to explore why kindness is important for themselves and others.

Identify emotions:

Students aim to recognise different feelings and link them to body movements.

Express emotions safely:

Students aim to show their feelings through movement in a fun and active way.

Encourage others:

Students aim to support their peers by cheering them on kindly.



Success Criteria

I can show feelings by moving across the space in different ways.

I can join in safely and follow the teacher's instructions.

I can cheer for my friends and celebrate their efforts.



Feelings Relay - Levels F-3

STAY ACTIVE

Duration: 5–10 minutes

Objective

To help younger students recognise and explore emotions through fun movement activities, while encouraging kindness, teamwork, and positive energy regulation.

Players

Whole class, small groups, or pairs.

Materials

- A set of cards with feelings (teacher-prepared cards or playing cards).
- Open space in the classroom, hall, or outside.
- Cones or markers for start and finish lines.

Setup

- Mark a start and finish line in the play space.
- Show students the movements and link them to feelings:
 - **Happy** → **Big skips with a smile**
 - **Sad** → **Slow walk with head down**
 - **Excited** → **Little jumps or hops**
 - **Angry** → **Strong stomps**
- Practise each feeling and movement together before the game starts.

Gameplay / Activity Steps

1. **Pick a Card**
 - The teacher or student chooses a card showing a feeling.
2. **Show the Feeling**
 - The student moves from start to finish using the matching action (e.g., skip happily, stomp angrily).
3. **Peer Encouragement**
 - The rest of the class cheers and claps kindly as the student moves across.
4. **Take Turns**
 - Continue until everyone has had at least one turn.
5. **Optional Relay**
 - In teams, each player crosses the space one after another until all have had a turn.



Feelings Relay - Levels F-3

STAY ACTIVE

Reflection Prompts

- How did it feel to move like different emotions?
- Which emotion was your favourite to show?
- How do you feel when you cheer for your friends?

Winning the Game

There are no winners. Success is when everyone joins in, shows emotions through movement, and supports their classmates with kindness.

Variations

- **Creative Edition:** Students come up with their own movement for a feeling.
- **Story Edition:** Teacher calls out a short story ("You just won a prize!") and students act out the feeling across the space.
- **Team Edition:** Pairs of students move together, showing the same emotion.

For Wheelchair Users / Accessibility

- Adapt feelings to use safe arm, hand, or facial movements (e.g., waving arms happily, crossing arms for angry).
- Students can move across the space by rolling or using upper body actions.
- Ensure clear pathways and safe space for all students.

Notes for Inclusion

- Use picture cards with facial expressions to support younger students' understanding.
- Give lots of encouragement and praise effort rather than accuracy.
- Allow students who are shy to act out their feelings in their spot instead of crossing the whole space.

