

Suit Stories - Levels C and D

GRATITUDE

To build empathy and communication by encouraging students to share personal experiences linked to emotions and to listen respectfully to their peers.



Learning Intentions

Recognise emotions:

Students learn to identify emotions they and others may feel and experience.

Share experiences:

Students learn to discuss and share their feelings with their peers.

Show empathy:

Students learn to understand other people's feelings and can see things from other people's perspectives.



Success Criteria

I can name the emotion linked to my card.



I can share (or act out) a safe personal story or example relating to my emotions.

I can listen respectfully and give a signal (thumbs up) if I've felt the same emotions as my peers.



Suit Stories - Levels C and D

GRATITUDE

Duration: 10 minutes

Objective

To build empathy and communication by encouraging students to share personal experiences linked to emotions and to listen respectfully to their peers.

Players

- Whole class, small groups, or pairs.

Materials

- A standard deck of cards.

Setup

1. Gather students in a circle or small groups.
2. Place the deck of cards face down in the centre.
3. Explain what each suit means:
 - **Hearts = Love**
 - **Clubs = Nervous**
 - **Diamonds = Excited**
 - **Spades = Tired**

Gameplay / Activity Steps

Step 1: Draw a Card

- One student draws a card from the deck.
- They name the feeling connected to the suit (e.g., Hearts = Love).

Step 2: Share or Act Out

- The student shares a time they felt that way (e.g., "I felt excited when we went on an excursion").
- If they don't want to share with words, they can act it out with body language or a short movement.

Step 3: Class Response

- Other students listen carefully and/or identify the emotion being shared.
- Anyone who has felt the same gives a thumbs up to show connection.

Step 4: Continue

- Play passes to the next student.
- Continue until several students have had a turn or until everyone has had the chance to select a card, or set a time limit.



Suit Stories - Levels C and D

GRATITUDE

Reflection Prompts

- "How did it feel to share a story about your feelings?"
- "Why is it important to know when others feel the same way as us?"
- "How can we show kindness when someone shares their feelings?"

Winning the Game

There are no winners. Success is when students practise sharing, listening, and showing empathy to one another.

Variations

- **Younger Students:** Use pictures or emoji's for each suit/emotion (e.g., heart symbol for love or excited smiling emoji face for excited).
- **Fitness Edition:** After sharing, the group does a short movement (e.g., star jump for "excited," slow stretch for "tired").
- **Teamwork Edition:** Students can share in pairs before telling the larger group.

For Wheelchair Users / Accessibility

- Allow students to respond with gestures, signals, or drawings instead of acting out.
- Ensure all actions or movements can be adapted (clapping, hand signals, facial expressions).

Notes for Inclusion

- Remind students to only share safe, comfortable stories.
- Model respectful listening and encourage positive responses.
- Celebrate all contributions, whether spoken, acted, or signalled, so every student feels valued.

