



**Icebreaker:** Guess That Feeling

**Materials:** None

**Grade Range:** 3-5

**Time:** 8-10 minutes \*\* Consider using the hand raise/thumbs up feature of your virtual platform to assist with determining who will answer \*\*

**Synopsis:** Mentors will share with the students photos of humans exhibiting different feelings. Students will share out how they think the people in the photo are feeling. This ice breaker pairs with our: "We're having spaghetti again for dinner tonight?!" lesson.

**Instructions:**

1. Mentors will share the attached sheet on their screen.
2. Beginning with the first photo, mentors will ask: take a look...how do you think this person feels? You can look for a thumbs up/hand raise or answers to be placed in the chat. Do this for each subsequent picture.
3. After you have guessed the feeling for each picture (they are as follows, though it can obviously be up for interpretation: love, joy, sadness, frustration, happiness, and anger) ask students if they would like to demonstrate a 'feeling'
4. Mentors, consider demonstrating a feeling yourself and allowing students to guess what you are showing.
5. Remind students that words aren't necessary to convey a feeling. Much can be seen just by our body language and our facial features. Let them know that you will be discussing why this, along with tone of voice, can be both a good AND a bad thing in the following lesson.



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A CLASS**  
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