



OCEAN OF EMOTIONS

EXPLORING MIXED AND
COMPLICATED EMOTIONS

Games and Activities for
Building Emotional Awareness

MIGHTIER



Why Emotions

Emotions are powerful. They impact the way we think and the choices we make. Emotions are important communicators. They tell us something about ourselves and give us signals about the world around us.

Emotions are also complicated. Sometimes when we feel angry, we really feel a mix of embarrassment and disappointment. Sometimes when we feel sad, it's actually a mix of loneliness and jealousy. When it comes to our emotions, there's always more going on than meets the eye.

The games, stories and activities in this unit are designed to help children explore their emotions and build emotional awareness. Let's dive in and discover all those mixed and hidden emotions within our Ocean of Emotions.

Social and Emotional Goals

These activities will help children to:

- Describe and name their emotions
- Connect their emotions to specific situations and experiences
- Discuss situations in which they have felt two emotions at once
- Communicate feelings productively
- Improve awareness of others' emotional experiences
- Notice, name and describe how they are feeling in the moment

Activities

- The 4 Seas
- Deep Sea Sorting
- Emotional Check-In (repeatable activity)
- Under the Sea
- Sangry Narlugas
- Meet the Lavalings: Miriam
- Finish the Comic
- Beach or Ocean?
- Fishing for Feelings

Materials and Setup

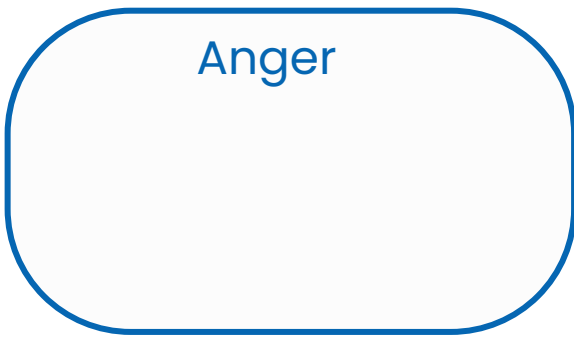
- Choose 1-2 activities to use with your group/child each session
- Give each child a copy of the activity sheet(s)
- Each child will need a writing utensil and scissors available
- Read the activity introduction aloud, then set children up to complete the activity independently or in groups
- Prompt sharing if appropriate

The 4 Seas

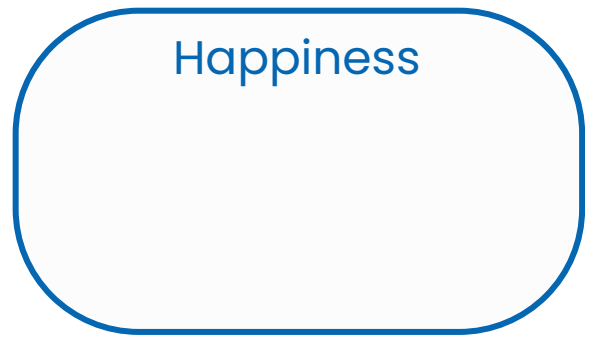
Your emotions are like the ocean. Sometimes you feel calm and peaceful, like when the ocean is as smooth as glass on a perfect beach day. Other times emotions can come crashing in, stirring things up like the sea during a storm.

Imagine that your emotions are like the ocean. What would they look like in wave form? **Draw your emotions** as the ocean in the bubbles below. Add other beach items/sea creatures to help illustrate the emotions. Then, **write 2 examples** of what situations make you feel these emotions.

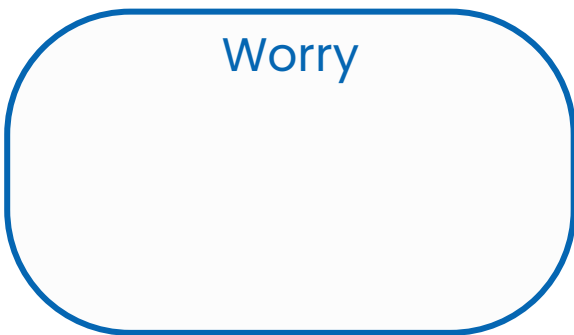
Anger



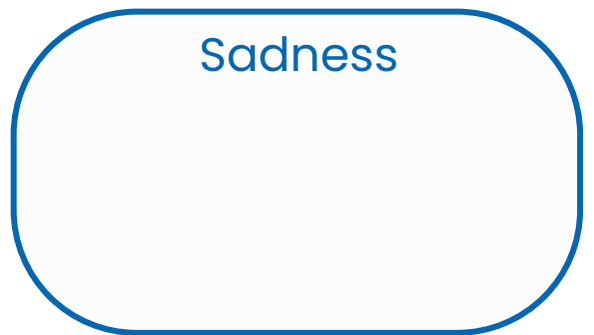
Happiness



Worry



Sadness

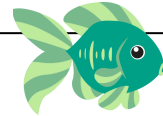


Name: _____

Deep Sea Sorting

Sometimes we wear our emotions on our sleeve, letting everyone know how we feel. Other times we hide our emotions, burying them deep down below the surface where no one can see them.

Cut out the emotion words and place them on a flat surface. After each prompt is read, sort the emotions from high to low.



Prompts:

1. Which emotions do you let people see?
Rank them from '**seen**' (high up) to '**unseen**' (down below).
2. Which emotions do you enjoy feeling?
Rank them from '**enjoy**' (high up) to '**dislike**' (down below).
3. Which emotions do you feel most often?
Rank them from '**feel often**' (high up) to '**don't feel often**' (down below).



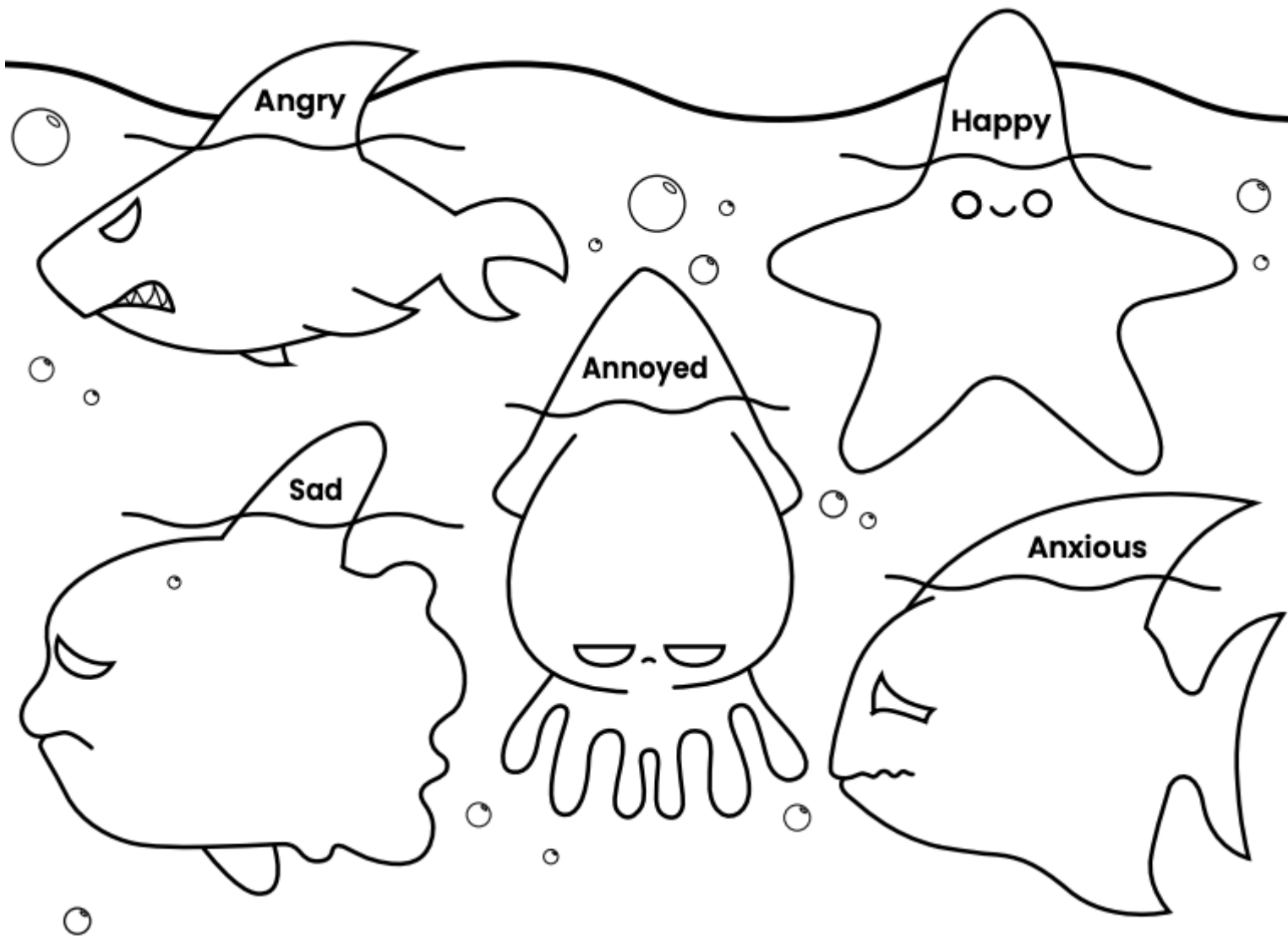
Confused	Curious	Hopeful
Excited	Disappointed	Jealous
Lonely	Anxious	Relieved
Frustrated	Embarrassed	Surprised
Afraid	Overwhelmed	Calm
Angry	Happy	Annoyed
Sad	Grateful	_____ (add your own!)

Name: _____

Under the Sea

Emotions are complicated! What you see on the surface isn't always the full story. When we look below the surface and notice all of our feelings, we can learn a lot about ourselves. Sometimes anger is really a mix of disappointment and embarrassment. Courage can be a mix of bravery and fear. Diving deep helps us discover what else we're feeling beneath the surface.

For this activity, think about the emotion you see on the surface, and then dive below and write down the other emotions you might be feeling within that.



Confused Curious Hopeful Disappointed Excited Jealous Lonely Eager
Grateful Relieved Frustrated Embarrassed Surprised Afraid Tired Calm

Name: _____

Sangry Narlugas

Have you ever seen a narluga? This rare creature is a beluga whale mixed with a narwhal! A sangry narluga is a sad and angry narluga. Look at these mixed emotion words and figure out which two emotions they represent.

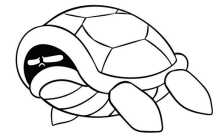
Sangry = Sad + Angry



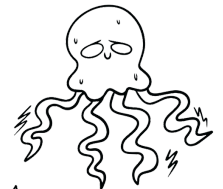
Nervopeful = _____ + _____



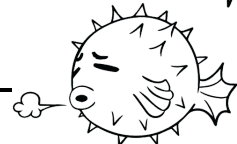
Jealonely = _____ + _____



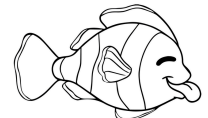
Scarecited = _____ + _____



Strefused = _____ + _____



Silappy = _____ + _____



Your turn!

Pick two emotions that can be felt at the same time. Come up with a funny combination name for them. Then turn it into a creature and draw it!

_____ + _____
= _____



Name: _____

Meet the Lavalings: Miriam

MIGHTIER™
OCEAN OF EMOTIONS



Miriam (Miriamonite)

Uncommon

*"Wants to just hide
in her shell"*

Strengths: Trustworthy,
loyal, kind

Struggles: Anxiety,
second-guessing, big
crowds

Miriam likes to hang out on her favorite rock. She feels comfortable there. But sometimes sea creatures, other Lavalings, or even big waves come along and make her nervous. She wants to reach out and connect, but the newness of it all feels unsettling. Miriam hides in her shell when those big emotions take over.

But being in her shell gives her time to think about why she feels the way she does and what her emotions are telling her. Miriam realizes that new experiences make her nervous because she's worried something might go wrong. But just because something is new doesn't mean it will turn out poorly. She sees that nervousness is also a mix of excitement, eagerness, and hope. When Miriam focuses on all of her feelings, she can pull herself out of her shell!

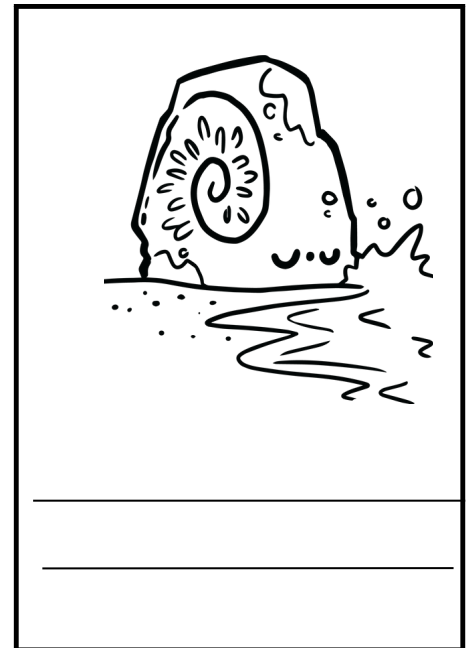
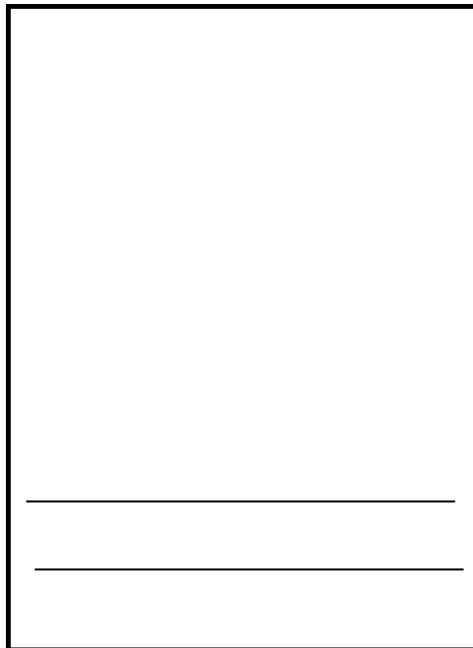
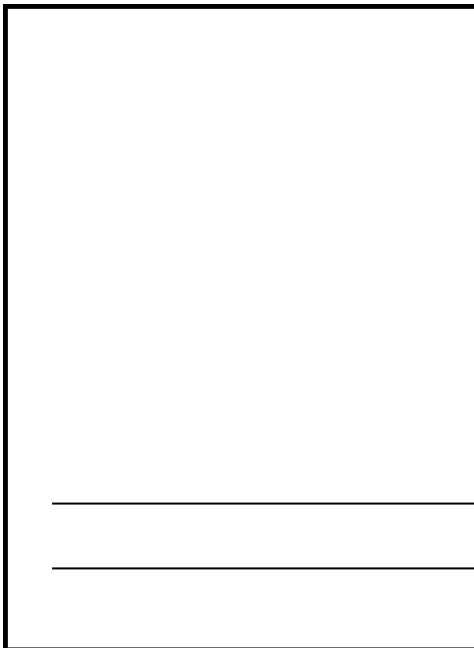
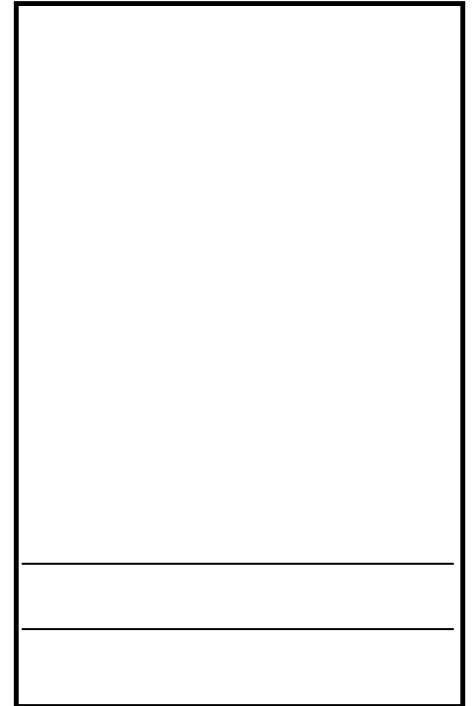
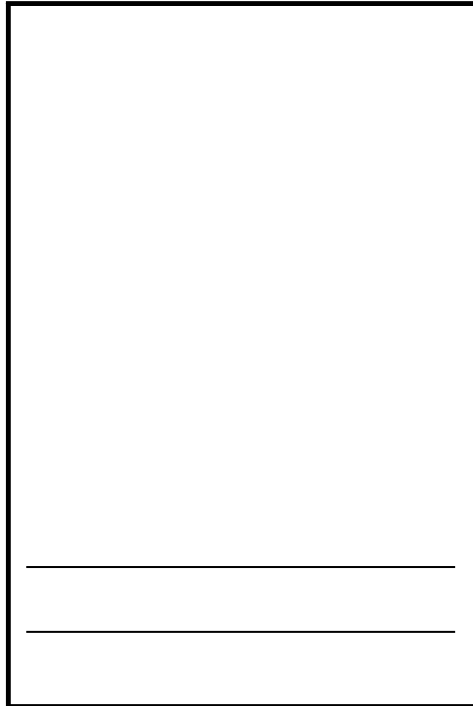
Have you ever
felt like Miriam?
If so, write her a
note to let her
know that she's
not alone.

Dear Miriam,

Sincerely,

Finish the Comic

Create your own story about Miriam! Come up with a situation that causes Miriam to hide in her shell. Then help her figure out how to make her way out. Write and draw the details of your story.



Name: _____

Beach or Ocean?

Sometimes we feel two opposite emotions at once, just like Miriam. In this activity you will read different scenarios from Miriam's life, then choose how you think she feels. Sometimes it may make sense for her to feel one of the emotion options, and sometimes she may feel a combination of both.

For this activity you need some space! Choose one wall in the room to be the "beach" and an opposite wall to be the "ocean." Take turns reading the situation prompts out loud. Once a situation is read, everyone in the group should move to stand somewhere between the beach and ocean wall, depending on how they think Miriam would feel. It's okay if everyone stands in a different spot!

Miriam has to move to a new beach. She is going to miss her friends, but she heard the new school is really fun. How do you think Miriam feels?	Beach wall Sad	Ocean wall Excited
There is a new Lavaling in town. Miriam wants to introduce herself but isn't sure what they'll be like. How do you think Miriam feels?	Beach wall Curious	Ocean wall Nervous
Miriam is playing at the beach. She wants to see if she can jump off a very tall rock. As she gets to the top, her stomach does a flip flop. She takes a deep breath and jumps. How do you think Miriam feels?	Beach wall Courageous	Ocean wall Scared

Beach or Ocean?

<p>Miriam is going to be a sister in a few months! She is excited for a little Lavaling sibling, but she doesn't know about sharing her parents with someone else. How do you think Miriam feels?</p>	<p>Beach wall Eager</p>	<p>Ocean wall Worried</p>
<p>It's the first day of school. Miriam can't wait to make new friends and meet her teacher. She looks down at her schedule and realizes she doesn't know where in the school her room is. How do you think Miriam feels?</p>	<p>Beach wall Excited</p>	<p>Ocean wall Nervous</p>
<p>Miriam scores her first goal in a soccer game, but her team loses. How do you think Miriam feels?</p>	<p>Beach wall Proud</p>	<p>Ocean wall Upset</p>
<p>Miriam is about to have her first sleepover. But she has never been to one and thinks she'll miss her home. How do you think Miriam feels?</p>	<p>Beach wall Excited</p>	<p>Ocean wall Nervous</p>
<p>It's Miriam's birthday, and she's had the best day ever. When she goes to open her gift, she realizes that she didn't get what she wanted. How do you think Miriam feels?</p>	<p>Beach wall Happy</p>	<p>Ocean wall Disappointed</p>

Fishing for Feelings

Fishing for Feelings

Setup

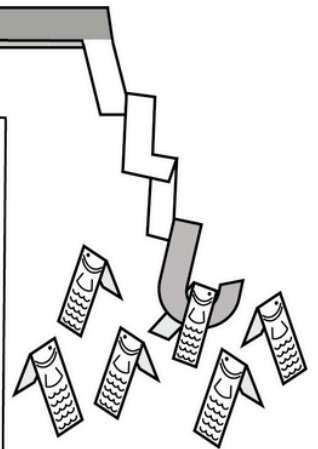
Place the fish upright in a 'pond'.

Directions

1. Take turns. On your turn, try to hook **two** fish from the pond.
2. Turn over the fish you hooked and read out their emotions.
3. To keep just **one** of the fish, share a time you felt its emotion, place the other fish back in the pond.
To keep **both** fish, share a time when you felt both emotions at once.
4. Take turns catching fish until they're all gone. The player with the most fish is the winner.

Fishing Game

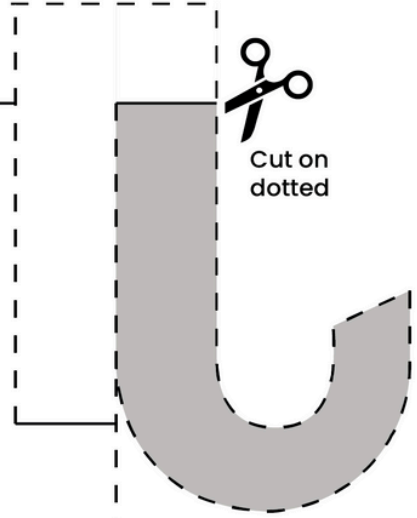
Let's go fish for feelings! Cut out and fold your fishing hook and feelings fish. Find people to play with and follow the directions. Think of times you had mixed emotions to double your catch. Play again for different combos!



Fold on dotted



Cut on dotted



Happy	Excited	Hopeful	Curious	Anxious	Confused	Relieved	Tired	Afraid	Surprised	Proud	Lonely	Sad	Angry

Emotional Check-in

Our emotions change like the tides. The things that happen throughout the day can change how we feel. Sometimes we randomly see a good friend, and feel happy and excited. Other times we get bad news and feel angry or sad.

Being aware of our emotions and the reasons behind them can help us manage tough feelings. Try tracking your emotions and the reasons behind them for 4 days and see how you feel!

Day 1	Day 2	Day 3	Day 4
Right now I feel: _____ _____	Right now I feel: _____ _____	Right now I feel: _____ _____	Right now I feel: _____ _____
I'm feeling this way because: _____ _____	I'm feeling this way because: _____ _____	I'm feeling this way because: _____ _____	I'm feeling this way because: _____ _____
Other emotions I've felt today: _____ _____	Other emotions I've felt today: _____ _____	Other emotions I've felt today: _____ _____	Other emotions I've felt today: _____ _____
My emotions as waves would look like:	My emotions as waves would look like:	My emotions as waves would look like:	My emotions as waves would look like:

Optional Word Bank

Confused Curious Hopeful Excited Disappointed
Jealous Lonely Grateful Relieved Frustrated
Embarrassed Surprised Happy Tired Calm

Name: _____



OCEAN OF EMOTIONS

MIGHTIER™

Exploring Mixed and Complicated Emotions



Development and Research

This series of activities is developed by licensed clinicians, educators, and game designers at Mightier, a game-based program clinically validated to help children build stronger emotional regulation abilities through play. “Ocean of Emotions” activities focus on the specific emotional awareness building blocks of emotion recognition (awareness), affect labeling (naming emotions), and understanding emotion blends (mixed and complicated emotional experiences). All activities are grounded in Cognitive Behavioral Therapy, an evidence-based therapeutic approach, and use playful and experiential learning methods to help children engage with concepts and build coping skills.

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Lieberman, M. D., Eisenberger, N. I., Crockett, M. J., Tom, S. M., Pfeifer, J. H., & Way, B. M. (2007). Putting feelings into words: affect labeling disrupts amygdala activity in response to affective stimuli. *Psychological science*, 18(5), 421-428. <https://doi.org/10.1111/j.1467-9280.2007.01916.x>

Raver, C. C., Garner, P. W., & Smith-Donald, R. (2007). The roles of emotion regulation and emotion knowledge for children’s academic readiness: Are the links causal?.

Rivers, S. E., Brackett, M. A., Reyes, M. R., Mayer, J. D., Caruso, D. R., & Salovey, P. (2012). Measuring emotional intelligence in early adolescence with the MSCEIT-YV: Psychometric properties and relationship with academic performance and psychosocial functioning. *Journal of Psychoeducational Assessment*, 30(4), 344-366.



More Programming from Mightier

Developed in conjunction with Boston Children’s Hospital and Harvard Medical School, Mightier is a biofeedback program clinically validated to help children build stronger emotional regulation skills through play.

To learn more about Mightier’s offering, or to access other curriculum activities and educational resources, visit www.mightier.com.