



Atomo Games Editorial - 2021

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emotio



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Empathy: draw 1 card, look at the emotion you got and choose a player to ask them if they have ever felt like that. If that player wants to collaborate, you may ask them what they thought, what they did, what they needed, etc. Thank them for their collaboration by giving them the card. If you play as a team, you must choose a member of another team.

Appreciate little things: draw 1 card and explain something positive that has happened to you today. If you do it, the card is yours! If you play as a team, each player must share something positive.

Perform an emotion: draw 1 card and, without showing it to anyone or talking, try that the other players guess the emotion by miming and/or drawing it. Share the points with the player who guesses it right. If you play as a team, the player who draw the card must perform it and their team must guess it.



DIE INSTRUCTIONS:



Make up a story: draw 2 cards and make up a story with those 2 emotions. If you play as a team, everyone may participate in the story.



Explain a situation: draw 1 card and explain a situation you remember feeling that emotion (what happened and what you did). If you play as a team, choose a person to explain it.



Guess an emotion: draw 1 card and, without looking at it, pass it to the rest of the players. They must describe it (explain situations where someone may feel like that, the physical reactions it may provoke, etc.) and you must guess what emotion is. If you guess it right, share the points with the player who help you the most. If you play as a team, a player draw and describe the card, and only their team must guess it.





The winner is the player (or team) with the most points in their cards.

- Place the deck of cards facing down in the middle of the table.
- The first player (or team) rolls the die and follow the instructions according to what it's shown. If they manage to do the test, keep the card and score its points. Otherwise, return the card to the bottom of the deck and don't score its points. For a more dynamic game, you may agree to a certain time for each test.
- In clockwise order, the other players (or teams) do the same until the deck runs out of cards or until everyone wants to finish, depending on their availability.

HOW TO PLAY:





Some recommendations to include cards:

- **Age 4 and up:** Annoyance, Sadness, Joy, Fear, Surprise, Disgust, Love.
- **Age 6 and up:** Boredom, Fun, Tranquility, Concern, Nervousness, Embarrassment, Solitude, Guilt, Relaxation, Patience.

- **Age 7/8 and up:** Anger, Insecurity, Terror, Happiness, Support, Interest, Dream, Euphoria, Envy.

- **Age 9/10 and up:** all cards may be included.

No. of players: 2 minimum, although it's recommended with a higher number. You may play individually or in teams.

THE WINNER: each card has a score. The player with the most points is the winner, showing they have a greater emotional ability.





Recommended Age: 4+ years old. Depending on the age or condition of players, satiate, adding or removing cards dependent on the age or condition of players.

- A die.
- A Summary card with the different emotions.
- 40 cards linked to a colour according to the emotion: Happiness-green, Joy-yellow, Love-pink, Anger-red, Sadness-blue, Fear-grey and Surprise-lilac.
- A small Objective book and a rule-book, as well as the description of **40 emotions/feelings** and some questions to think about.

GAME CONTENT:



Besides, it allows you to think about the stereotypes and gender equality related to emotions thanks to the two characters.





Emotional autonomy: positive attitude, self-esteem, self-motivation.

Social skills: to listen, to respect, to share, to develop the prosocial behaviour, to encourage assertiveness.

Self-regulation: confrontation abilities, competencies to produce pleasant emotions.

Self-awareness: to recognise one's emotions, to label them, to understand the emotions of others and to be aware of the interaction between Emotion-Thinking-Behaviour.

Emotio allows you to work the following emotional competencies:

Emotio has been designed to develop the **Emotional Intelligence**. Through this game, we will encourage its acceptance and communication in order to make easier the development of a good self-esteem, empathy and appropriate social skills.



emotio

Feel & play



A game by Marta Miguel