

Emotion in Motion Game

Instructions

1. Have the group sit in a circle.
2. Choose a player to start the circle.
3. Say an emotion, such as happy, sad, surprised, scared, angry, etc.
4. The starting player should try to reflect that emotion on his or her face.
5. Next, the person to the left does the same.
6. Go all the way around the circle in this way until everyone has had a chance.
7. Then give them another word.

Variations

- Instead of giving them a word, give them a phrase to evoke an emotion. See how they react. For example:
 - Here is some ice cream
 - What did you just step in?
 - We are having broccoli for dinner
 - Why did you punch me?
- Play it telephone style. Write the word or phrase on a card and hand that to the first player. They shouldn't let anyone else see it. Then go around the circle. Ask the last player what they thought the word or phrase might be about.

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Games are a recommended part of any youth program. Youth ministry games can be used as icebreakers to help youth get to know each other better. They can be used to foster teamwork and trust. They are a way to spend a little energy when they have been sitting too long.

[Love Your Neighbor Game](#)

This icebreaker is a little like musical chairs or Duck Duck Goose. It involves getting up and moving to an empty seat. The question is, do you love your neighbor or not? 😊

[Won't You Smile Game](#)

In the Won't You Smile game one person tries to make someone else in the group smile. Everyone else must keep a straight face. Won't You Smile is a team-building or icebreaker game.