



Emotion Recognition & Regulation – Unit 2

Activity 2: Wild Cards

ACTION

Copy/print sufficient for every student to get one card.

Then cut along the dotted lines to separate each card. **Tell students they are not to show their card to others.**



<input type="radio"/> You slowly collapse as if unconscious. Remain so for a slow count of 20.	<input type="triangle"/> For the next minute, you must respond to any question with 'You bet!'.	<input type="checkbox"/> Announce loudly that you wish to be leader of the group!
<input type="radio"/> Demand a leadership vote. If there is a tie, play paper-scissors-rock to decide the winner.	<input type="triangle"/> Stop whatever you are doing and SLOWLY remove your shoes.	<input type="checkbox"/> You must screw your eyes shut and keep them shut for a slow count of 20.
<input type="radio"/> You lose the use of your LEFT arm for the rest of the activity.	<input type="triangle"/> You lose the use of your RIGHT arm for the rest of the activity.	<input type="checkbox"/> Your legs become like jelly: they cannot support you for one minute.
<input type="radio"/> You lose the power of speech for the next minute.	<input type="triangle"/> You must vigorously shake hands with every team member.	<input type="checkbox"/> For one minute, follow any teammate's statement by saying: 'I don't get it.'
<input type="radio"/> Loudly announce your favourite food then ask your teammates theirs.	<input type="triangle"/> For the next minute, you can only speak in gobbledegook.	<input type="checkbox"/> Insist loudly that everyone refer to you as 'Your Highness'.
<input type="radio"/> For one minute your hands are 'glued' to a teammate's shoulders.	<input type="triangle"/> For the next 30 seconds, whistle 'Three Blind Mice' or 'Twinkle Twinkle'	<input type="checkbox"/> Every time someone says the word 'what', cough and shake your head.
<input type="radio"/> For the next minute when someone in your team speaks, roll your eyes and sigh.	<input type="triangle"/> Make up nicknames for your teammates and stick with them.	<input type="checkbox"/> The tallest of your teammates is out of bounds. Touch them and you're out.
<input type="radio"/> Refuse to move a muscle until a teammate shouts or makes you laugh.	<input type="triangle"/> You must avoid making any references to colours (e.g. cannot say 'green').	<input type="checkbox"/> For 30 seconds you lose the use of your LEFT leg and must stand/hop on your RIGHT.
<input type="radio"/> You can only walk BACKWARDS for the next minute.	<input type="triangle"/> Over the next minute, every 10 seconds you must shout 'Ooh-ah!' at one of your teammates.	<input type="checkbox"/> For one minute, avoid eye contact with your teammates at all costs.