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.**

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

**For the next minute, you must respond to any question with ‘You bet!’:**

- Announce loudly that you wish to be leader of the group!

**For one minute, follow any teammate’s statement by saying: ‘I don’t get it.’**

- Insist loudly that everyone refer to you as ‘Your Highness’.

**Every time someone says the word ‘what’, cough and shake your head.**

- The tallest of your teammates is out of bounds. Touch them and you’re out.

**For 30 seconds you lose the use of your LEFT leg and must stand/hop on your RIGHT.**

- For one minute, avoid eye contact with your teammates at all costs.

**Demand a leadership vote. If there is a tie, play paper-scissors-rock to decide the winner.**

- You must screw your eyes shut and keep them shut for a slow count of 20.