

## Understanding Emotions on the Soccer Field

Social Skill:  
Type: Everyday

Reading Level: Intermediate  
Approach: Explicit



Playing soccer is a fun and exciting activity, but it can involve many different emotions. Today, I will learn how to recognize and respond to these emotions while playing with my friends on the soccer field.

When I arrive at the field, I see my friends gathered in a circle, preparing to play. We are all excited and happy to be together. Excitement is the feeling that makes our hearts beat faster and our faces light up with smiles. I notice the way everyone's eyes are bright and the group is buzzing with energy. This is a good feeling, and I feel it, too, when I join them in the circle.

As the game begins, everyone is trying their best. Sometimes, someone might miss a goal or make a mistake. This can lead to feeling disappointed. Disappointment is when things don't happen the way we want, and it can make us feel sad or upset. It's important to remember that mistakes happen to everyone. I will take a deep breath when I make a mistake and remind myself that it's okay to try again.



During the game, I notice that one of my friends looks frustrated. Frustration is an intense feeling that can happen when things are challenging. My friend has been trying hard to get the ball but hasn't succeeded yet. I want to help my friend feel better. I say, 'It's okay, you are doing great! Let's keep trying together.' Encouraging words can help ease the frustration and support teamwork.

Sometimes, I might feel nervous if I think I might let the team down. Nervousness is a feeling of being worried or anxious. When I feel this way, I can take a moment to pause, breathe deeply, and focus on something positive, like how much fun we are having together. This helps me calm down and enjoy the game more.

When the game ends, whether we win or lose, some friends may feel joyful while others feel sad. Joy is the happiness that makes us want to celebrate, while sadness is the heaviness in our hearts when things don't go as planned. I focus on being supportive, congratulating my friends on their effort, and thanking them for playing. Together, we can reflect on how everyone worked hard and enjoyed the day.

By recognizing my emotions and the emotions of others, I am learning an important social skill. This makes playing soccer more enjoyable for everyone. Each day on the field, I practice understanding these feelings and responding in a way that is kind and supportive.

## Key Social Concepts

excitement

disappointment

frustration

encouragement

teamwork

support

nervousness

calmness

joy

sadness

mistakes

positive reinforcement

empathy

Key Social Concepts (continued)

resilience      friendship

## Social Understanding Questions

**1. How do the friends feel when they first gather on the soccer field?**

- A. Excited and happy \*
- B. Nervous and anxious
- C. Sad and upset
- D. Tired and bored

**2. What should you do if you see a friend looking frustrated during the game?**

- A. Ignore them
- B. Tell them to stop playing
- C. Use encouraging words \*
- D. Blame them for mistakes

**3. What feeling might someone experience if they miss a goal?**

- A. Joy
- B. Disappointment \*
- C. Surprise
- D. Fear

**4. How can you calm down when feeling nervous during the game?**

- A. Focus on negative thoughts
- B. Yell out loud
- C. Breathe deeply and think positively \*
- D. Stop playing the game

*\* Indicates the correct answer*

## Social Cues Guide:

### Skill Description

Undefined social skill involves recognizing and interpreting various social cues to engage effectively in social interactions. This skill helps children understand others' emotions and intentions and respond appropriately.

### Social Cues to Watch For

When learning about undefined social skills, it's important to pay attention to facial expressions like smiling, frowning, or raised eyebrows, which can indicate a person's emotional state. Body language is another key aspect; crossed arms might suggest defensiveness, while leaning in can show interest. Tone of voice, such as a loud or soft voice, can communicate different emotions and meanings. Additionally, eye contact and the use of personal space are crucial cues. Recognizing these signals can help children understand how to adjust their own behavior in response.

### Common Misunderstandings

- Thinking a neutral face means someone is upset.
- Assuming a loud voice always means anger.
- Believing that someone not looking at them is being rude.
- Interpreting crossed arms as always being defensive.
- Misunderstanding an invitation to play as sarcasm.

### Practice Scenarios

1. A peer smiles and waves at you from across the room. How do you respond?
2. During group work, a classmate yawns and looks at the clock. What might they be feeling, and what can you do?
3. Someone on the playground wants to share a toy with you. What could an open posture and eye contact mean?
4. At lunchtime, a peer comes and sits down next to you and says 'Hi' with a smile. What does this indicate?
5. You're telling a story and your friend starts to look away and tap their foot. What might they be communicating?