

EMOSIHAT: AN EMOTION BOARD GAME FOR CHILDREN

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Highlights: An emotion board game, known as EMOSIHAT, invented to educate primary school children about emotion through play. Children will learn about knowledge on emotions, such as types of emotion and emotion triggers. Children will be able to identify types of emotion correctly through emotion facial expression and other emotion cues, for instances, body language and emotion words. A part from that, children will be able to develop basic emotion regulation and empathy skills.

Key words: *emotion, board game, primary school, children.*

Introduction

Mental health problem become one of the main public health concerns, especially children (Shahril, et. al., 2021). Depression and anxiety are most common mental health problems in Malaysia. Children with mental health problem are at higher risk of developing mental health disorder during adulthood. Thus, early intervention is vital to reduce mental health problem in children.

Product Description

This board game was inspired by available board game available in Malaysia, for example, *Saidina*. This board game consisted of a board, a dice, three (3) set of cards, money and happy emoticon puzzle. Details about the three set of cards are as below:

i. Set 1: Facial expression cards.

There are several cards that comprised of different types of facial expression.

ii. Set 2: Emotion word cards.

There are several cards that comprised of different emotion word for examples; sad, happy and angry.

iii. Set 3: QR code for video of emotional situation.

There are several cards that have QR code. Once the QR code is scanned, video of emotional situation will be played.

Figure 1: Emosihat the Emotion Board Game



The board is designed with 'gift' and 'sleepy emoticon'. These two symbols represent happy and stressful life event, respectively. Whereas, the other remaining box will be assigned number. This board game can be played by minimum of 2 players. By using dice, first player starts to play the game. The first player has to stop at a box based on to the number of the dice. If the player stops on the box that has number on it, he/she needs to open 1 card from set 1 and try to guess the type of emotion based on the facial expression shows on the card. If he/she able to identify the correct emotion, he/she will get RM10. Next, second player will take her/his turn. This will proceed until set 1 card is finished. Following that, set 2 will be open. For set 2, emotion word card, the player needs to explain about emotion trigger. For example, if the emotion word is 'sad', he/she needs to identify the reason that make he/she feels sad. If a relevant answer is given, she/he will get RM10.