

# 'GIF' Us Your Feelings

Fun, social emotional interaction at the opening and closing of virtual meetings yields connection with content through connections with peers and presenters. GIF – Graphics Interchange Format – images are commonly utilized in Twitter, Snapchat, text, and other messaging platforms to convey an emotional response through short clips. The following activity demonstrates how educators can bring GIF technology to the ZOOM platform and encourage participants to visually express and relate to emotions.

## Social Emotional Learning Competency:

- Self-Awareness/Social Awareness

## Connection Key:

- Connection before content

## Purpose:

- Provides an anonymous moment to vent feelings.
- [Promotes laughter](#) – smiling and laughter lead to the release of dopamine in the brain.
- Promotes emotional recognition, understanding, and empathy as participants send, view, and relate to GIFs shown.

## Preparation

- Create a free [Google Voice](#) number prior to the activity, and test mechanics.

## Activity

- Open Google Voice and sign into your account.
- Use the 'Screen Share' option to share GIFs that are sent from participants to the Google Voice number.

**Option 1:** Prompt participants to use their cell phones to select a GIF that represents feelings associated with the moment, day, or week and text that GIF to the group using the Google Voice number on screen.

**Option 2:** Create a hypothetical situation and ask participants to respond with a GIF to show a potential reaction (*e.g. You woke up late for school – GIF me how you feel!*)

- GIFs will show on screen and all present can openly reflect on the GIF's meaning, OR participants can be given the option to talk more about the GIF(s) they personally shared.
- *Note:* Only phone numbers can be seen using the Google Voice platform. This ensures anonymity for participants. GIF messages should always be deleted prior to ending the activity.

For more information and activity resources visit <https://u.osu.edu/4hjournal/>

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