

# activities drama

## EXPLORING EMOTIONS

### DESCRIPTION

Exploring emotions through physical activity

### RESOURCE

Large, open space

### SKILLS REQUIRED

Imagination

### HOW IT WORKS

Sitting in a circle, players make faces at each other in response to an offer of emotion. The teacher names an emotion and Player A looks across the circle to Player B and uses their face to express that emotion. The teacher names another emotion and Player B looks across the circle to Player C and uses their face to express that emotion, so on until all players have had a turn.

In small teams (suggestion: 4 – 5), the players physicalise an immediate response to a series of emotions and states. Called in quick succession by the teacher.

The groups respond without talking to each other. They make shapes together that depict the emotions and hold until the next emotion is called.

**Emotions:** Love, hate, fear, embarrassment, remorse, regret, suspicion, passion, bliss, grief, anger, bewilderment, loneliness, insecurity, confidence, abandonment, bitterness, betrayal, comfort, bravery, victory, alienation, desire, charm, or, sore end, inadequacy, shame, guilt.

Bring the group together to discuss emotions, what they are and how they affect us. Each player experiences emotions and imagines and express them in different ways.

No responses is wrong or better than another and all encouraged to share. Bring the frozen tableau to life with movement and speech in a short, simple scenes.