

Activity #4: Emotional Movements

PURPOSE: Move through space communicating various feelings and emotions without words.

EQUIPMENT & ORGANIZATION: Words signs that have the various emotions on them. Students are scattered in personal space.

HOW TO PLAY: Teacher identifies a loco-motor movement and an emotion. Students then use that movement to communicate that emotion without using any sounds or words.

EXTENSION: Play a guessing game where the teacher tells only a few students the movement and emotion. These students then do the movement and emotion as the rest of the students try to guess the emotion and name the movement (i.e. angry, excited, frustrated, happy, relaxed/calm, sad, and scared/afraid). Some emotions are open to interpretation.













