

EMOTIONS

Grade Level: Can be used for any grade and age

Should be played walking around the space

It's a great game to get kids:

- 1) Create characters
- 2) Identify emotions
- 3) Develop emotions
- 4) Repetition and exploring

warm-up game

Can be played with any sized group (min 1)

You will have all of the performers start to play a variety of emotions that is called out by the instructor but you want the performers to explore different levels of emotions.

Think of it as a scale of 1 is the lowest and 10 is the highest. If the instructor were to call out level 1 sad - it may mean the character stubbed their toe, then the instructor could call out level 4 sad which could be the character failed a test or missed out going somewhere fun with their friends.

As the scale gets higher the level of emotion gets bigger.

At a level 10 the instructor should explain that it is the saddest your character could ever be then clap back to neutral.

Start again with level 2 happy and so on. It is great way to explore a variety of emotions and encourage to explore.

Suggestions for emotions: happy, angry, annoyed, scared, nervous, shy, silly, tired, embarrassed, bored, in love, disgust, surprised, curious, jealous, excited, lonely, hopeful, confused, frustrated, anxious, guilty, relieved, relaxed, grateful