

Emotions & Body Language Game

Objective: to learn about feelings and to learn how to handle your emotions.

Activity: Ask for a volunteer to write words on board. Then ask class to raise their hand when they think of a feeling word. Goal is to come up with a large amount of feeling words. Children can give examples of situations when they might feel that way.

Activity 2: instruct the children to stand in a circle facing each other. Have them spread out so some space is in between their bodies.

Ask them to describe a statue. Then tell them you are going to say a feeling word and they have to act out with their bodies what they think that feeling word looks like. No sound. If they make sounds they are disqualified and have to sit the next one out. After they act out the feeling word with their bodies the instructor yells "freeze" and they freeze into that feeling word position. Then they are instructed to quietly with no words look around at each other moving their eyes while still holding their pose. Go through lots of feelings like sad, mad, happy, shy, excited and frustrated.

Ask them what did they observe (with their body and with others) after each feeling statue (you can tie in how feelings effect our body language).

Children love this game!

Lesson: instructor provides details : feelings are okay to have. Is it okay to feel happy.. Yes...Is it okay to feel mad? Yes! However, now listen up..it's what you do with your feelings that might not be okay. For example, if we get mad is it okay to raise our fists and hit someone? No.. Therefore we need to learn how to handle our emotions.

Teach class how to handle emotions, breathing, counting, take a break, get help from a friend, and so on. Ask students what they can do.