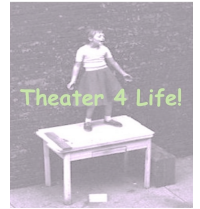




Emotional Awareness Pantomime

Sample Lessons K-5th



Through theater games, students will:

- Observe the way emotions and actions are expressed in the body
- Act out stories centered on emotional self- management
- Learn how breathing affects emotional management
- Practice silent communication

Explorative Questions:

1. Why is it important to notice our emotions?
2. What situations cause the most change in our emotions?
3. How can we manage our emotions?
4. How does breath affect our emotions?

Sample Activities

Expressive Emotions (K-5th)

Students name everyday emotions and act them out performing different everyday tasks, i.e. How would anger brush its teeth? How would happy brush its teeth?

(4th-5th)

Students name complex emotions, i.e. jealousy, frustration, etc. Students perform and act them out performing different tasks. Students receive prompts, and act them out, classmates guess the situation.

Emotional Taxi (3rd-5th)

Students create different personas based on emotions in a pretend taxi ride.

Silent Places, Silent Faces

Students start in a circle, with one student in the middle. Students switch places silently, trying not to draw attention to themselves. The student in the middle tries to get a new place.