

Steps to play...

The STATUE GAME Embodying Core Emotion Vocabulary

Timing

3-4 minutes to set up and model the game.

2 minutes to play the game *for each core emotion word*.

Space- enough for each child to move and pose

Additional supports

Describing Tool for Facial and Physical Expression (*find specific language to describe kids choices*)

Emotion Mapping Tool (*visual aid to help students to recognize the core emotion words*)

1. INTRODUCE THE GAME:

Sample Script (2-3 minutes)

- What is a statue?
(Something that doesn't move, that's made of metal or wood – like the Statue of Liberty.)
- Do Statues move? Do Statues talk? Statues stay in one spot, keep their balance and stay quiet.
Let's all pretend to be a Statue.
- What's an emotion?
An emotion is the same as a feeling. We're going to make statues to show emotions, or feelings.

2. MODEL THE GAME: Embody an emotion word using the steps that the children will follow in the game

Sample Script (1-2 minutes)

- I will SAY an emotion word like happy
- We will SHOW happy with our bodies
- We will all FREEZE in a statue that shows happy
- I will DESCRIBE all of the different ways that you are using your body to show happy. You might be making the same statue as someone else or you might have your own idea.
- Then we'll RESET. We'll shake that feeling off and relax our bodies so we're ready for the next word.

3. PLAY THE GAME: Follow the steps for each core emotion word you want to introduce today.

Sample Script (1-2 minutes for each word)

- SAY "The next emotion word is _____!"
- SHOW "Let use our bodies to show _____."
- FREEZE "Freeze into an emotion statue that shows _____!"
- DESCRIBE "Wow! I see so many different, wonderful ways to show _____!"
(Enthusiastically describe a variety of choices using specific, detailed and non-judgemental language. Use the describing tool for support!)

4. RELEASE/ RESET Choose a consistent way to help your students release and reset between every word

Reset Options (10-20 seconds after every emotion word)

- Relax your body
- Take a deep breath
- Wipe it away
- Shake it out
- Wiggle it away