



## **ANIMAL! MINERAL! LIQUID! GAS!**

**Number of players:** 4+

**Space:** Any

**Materials needed:** None

### **Procedure:**

1. First, ask students to begin walking as if: made of heavy metal, are floating like a gas, are moving through a thick liquid, have balloons tied to each arm or to their head, have rocks in their shoes, walking through hot lava, walking on ice.
2. Next, call out the names of animals for the students to embody. Examples of good animals to use: snake, lizard, butterfly, frog, turtle, tiger, bear. Have students really try to embody the animal's movement and way of being in the world. How does the animal spend its time? Where does the animal carry tension or with which part of its body does it lead (Head? Hips? Shoulders? )? Ask them to move around the space at different speeds.
3. Next, hand out a card to each student, on which is written either: Insect, Bird, Reptile, or Mammal. There should be at least TWO cards of each category. The student's job is to embody a creature that fits under whichever category they have been assigned, and THEN to find the other player(s) in the room who are embodying a creature under the same category.