



## GROUP EMOTION

**Number of players:** 5+

**Space:** Open area

**Materials needed:** None

**Procedure:**

The leader asks for one volunteer to stand in the center of the playing area. The leader then calls out an emotion, state of being, or concept (such as rage, exuberance, tyranny, etc.). The volunteer is to physicalize the emotion or concept in a frozen pose. One by one the rest of the players find a place themselves in the picture. After the entire group is involved, the leader can replace various players one at a time so each can get a better sense of what they created.

**Possible side coaching:**

“How might you connect with what someone else is doing?”

“Think about the different contexts in which people feel this emotion.”

**Variations:**

Ask the group to animate their statue for 5 counts and discuss.

**Processing points:**

- What words would you use to describe our statue?
- What story did you see unfolding?
- What kinds of real life situations might this echo?

**Possible learning areas:**

Non-verbal communication, social awareness, empathy.

**AKA:** Emotion statues

**Source:** Meredith Alexander