

EMOTIONS IN MOTION

Category: Emotion Exercise

Age Group: 6+

Duration: 10-20 mins
depending on the number of students

OBJECTIVE:

This exercise will guide students in exploring how emotions shape physicality and movement, strengthening their ability to express feelings through non-verbal communication, body language, and actions.

It will also develop emotional awareness, help students transition between different emotions, increase physical awareness, and improve their responses to imaginary scenarios.

MATERIALS:

- You'll need enough space for everyone to move freely and explore their physicality.

STEP BY STEP GUIDE

1. INTRODUCTION:

- Start by discussing how emotions and emotional awareness are central to acting. Emphasize that expressing different emotions influences not only our movements but also our voice, how we engage with our surroundings, and how we interact with others.
- The aim of this exercise is to help students connect deeply with a range of emotions and explore how each one impacts their physical movements and interactions.

2. EXPLORING EMOTIONS:

- **Walk Around the Room:** Have the students walk around the space neutrally, without any specific emotion. Encourage them to stay relaxed and observe how they naturally move.
- **Introduce Emotions:** Call out different emotions (e.g., happiness, sadness, anger, fear, excitement) and ask the students to embody each one as they continue moving around the space.

They should consider the following:

- Posture: How does the emotion affect their posture - do they stand taller, slouch their shoulders, is their head held high? etc
- Movement: Do they walk quickly or slowly? Do they move with purpose or hesitation? What qualities does their movement take on?
- Facial Expression: What does their face look like when they're experiencing this emotion?

Encourage them to really embody the emotion and to pay attention to where they feel it in the body and how it affects them physically.

- **Interaction:** Encourage them to interact with others while embodying their emotion, exploring how each specific emotion influences their interactions - for instance, they might greet someone warmly when happy or avoid others when feeling shy or nervous.
- **Environment:** Add different environments, such as a haunted house, a desert, or a jungle. Ask students to consider how each environment influences their emotions. How might they connect their emotions to these settings, and how does the environment impact the way they experience and express those emotions?

TOP TIPS:

Share Discoveries: Invite students to share any surprising insights they had. For instance, did a particular emotion influence their physicality differently than expected? Did transitioning between emotions come naturally, or did it feel challenging?

Discuss Physical Changes: Ask students to reflect on how their body language shifted with each emotion. What changes did they notice in their posture, movements, facial expressions or interactions with others?

Emotions and Environment: Encourage discussion on how the imaginary environments influenced their emotions. How did a haunted house or jungle affect how they felt and moved?

Takeaways: Close by asking what skills or feelings students will take from this exercise into future scenes or performances. Emphasize that their ability to express emotions through body language is a powerful tool for acting and everyday communication.

ACTING ACHIEVEMENTS

Emotional Awareness:
Students will learn to recognize and connect with different emotions, identifying how these feelings influence their body language and posture.

Physical Expression of Emotion:
By embodying various emotions, students will develop an expressive range in their physical movements, helping them communicate emotions without words.

Transitioning Between Emotions:
Practicing moving from one emotion to another will build students' flexibility and control, essential skills for creating authentic characters in a scene.

Reacting to Imaginary Scenarios:
Students will gain experience in adapting emotions to different imaginary settings, enhancing their ability to respond to a character's environment dynamically and with intention.

Have fun with it!

