

Find Another Way

Acting Out How We Feel

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Time Needed: 5-15 minutes

Arts Focus: Theatre

Age Range: 5-8

Mini-Lesson Description:

In this lesson, learners will explore a range of emotions by sharing different ways to act out the same feeling. This low-risk and brief activity invites learners to share strong emotions in non-linguistic/non-verbal ways.

Key Concepts:

Feelings; Emotions; Physical Expression (Face and Body); Theatre; Communication; Creative Thinking.

Materials Needed/Prep:

- A quiet space outside or indoors
- Bodies and voices
- Room to move hands and/or stomp feet

Step-by-Step:

1. Work with the learner(s) to brainstorm a list of feelings/emotions. For example: excited, angry, sad, scared, confused, surprised.
2. Choose one emotion and ask the learner(s) to use their whole face and body to show how they look when they have that feeling.
3. Explain: *"There can be lots of different ways to show the same feeling. Here's how I look when I feel that way."* Use your face and body to show the feeling.
4. Ask: *"What's another way to show that same feeling?"* You and the learner(s) can each find a different way to show the same emotion. Do this more than once, if desired. *"Let's see how many different ways we can find to show the same feeling."*
5. Repeat the activity with another feeling.

Variations and Next Steps:

- Guide the learner(s) to use specific space or parts of the face or body. For example: *"How do you show that with your arms? Your legs?"* or, *"Can you show that in low space or sitting? Can you show it in high space or standing?"*
- Take turns showing a word for the other to guess. The guesser says, *"Find another way!"* and the actor must find a different way to show the word until the guesser can figure it out.
- You and the learner(s) can take turns showing the word in their own way and mirroring each other. For example: *"Show me how you look when you have that feeling. I'll be your mirror and show you what you look like with my own face and body. Then we'll switch."*
- Take photos or use a mirror to notice and identify differences.
- Make real-life connections by reflecting: *"Do you know anyone who looks this way when they're feeling angry/scared/sad/excited?"* or, *"How does X look when they feel that way?"*
- Brainstorm lists of characters, animals, or activities to show instead of emotions.