



Emotions

Ways to use the emotions list printout:

Solo Pantomimes

Each actor goes up and chooses an emotion out of the hat. They have thirty seconds to portray that emotion while performing a mundane task such as eating ice cream or tying their shoes onstage. Audience players guess the emotion.

Team Pantomimes

Students must create a stage picture that represents the secret emotion they chose out of the hat. Audience players guess the emotion.

Emotion Walk

Students walk silently through the space. Maybe play soft music. When you pause the music, or ring a bell they must portray the emotion you call out. This is a silent game. Side coach to help kids become specific. "Use your whole body. Feel the emotion in your eyes...in your whole face."

Improv Games with Emotions

Play the "Restaurant Game," or "Hitchiker," or "Party Quirks" or any other similar game using emotions.

Emotional Skits

Divide kids into groups of three or four. Each player chooses an emotion from the hat. Kids must perform a skit using all three emotions. Coach them through the process of developing characters, deciding on a situation, and telling a short story with a beginning, middle and end.



The Many Faces of Mad- This activity helps young actors explore the theatrical concept of “indicating vs. acting.” This is when actors, instead of being in the moment, make a stereotypical facial expression or gesture to show how they are feeling. For example: If a scene calls for one person to be very angry, the actor may raise his voice and shake his fist at the other character to *show* that he is angry. Not only might this feel inauthentic, it may be the wrong choice for his character. Many people show anger by lowering their voices or by distancing themselves. This concept goes beyond emotions to the five senses. People react differently to various tastes, temperatures, etc. Give a brief explanation of this concept before starting the activity.

Have kids stand in a circle. Explain that you are going to call out certain emotions or situations, and that each person is to react the way they would in real life. Tell kids that they don't need to jump into a pose right away; it's more important to be “real” than it is to be fast. Let them know that it's okay to imagine the situation for a moment before reacting. Tell kids that this is a silent game.

“Many Faces of Mad” Prompts-

- What does your face look like when you are mad? Do you frown? Stare at the other person? Do you squint your eyes?
- What does your body look like when you are mad? How do your muscles feel? Which ones tense up?
- How do you show people when you are too hot? What does your body do? How do you stand? Do you attempt to cool yourself? How?
- What does your face look like when you are sad? How do your eyes feel? Where else in your body do you feel the sadness?
- What happens when you get really excited? Does it only show on your face, or do you feel it somewhere else in your body? Do you move, or stand still?
- How about when you are bored? When you are bored, do you feel like moping around on the couch, or do you get up and try to find something to do?
- What happens in your body when you are afraid? Do you feel like running, or do you just stand there frozen in place? Where in your body do you feel fear the most?
- How about when you are freezing cold? Do you hop from foot to foot? Do you dig your hands deep into your pockets, or do you stand very still, shivering?

Ask!

Did you feel successful at making each activity real for you?
Which ones were the hardest?
What did you notice about the group as a whole?
Did everyone look the same or different in each scenario?
Why do you think there was such a variety?
How can we use this activity to be better actors?
How can you apply this to your character?

Emotions

Angry

Disgusted

Insecure

Afraid

Dramatic

Irritated

Amazed

Drunk

Guilty

Anxious

Enthusiastic

Lonely

Bored

Excited

Loving

Brave

Funny

Miserable

Curious

Grouchy

Nervous

Confused

Happy

Surprised

Cheerful

Joyful

Sad

Cute

Jealous

Trusting

Careful

Hateful

Worried

Calm

Hurt

Depressed

Hopeful