

Emotion Statues (Levels C & D)

PLAY

To increase emotional awareness and expression through a playful, movement-based activity that combines drama, SEL, and fun.



Learning Intentions

Develop awareness of different emotions and how they can be shown through facial expressions and body language.

Build confidence in role play and performance.

Foster empathy and understanding by recognising and interpreting peers' emotions.



Success Criteria

Students create a frozen "statue" that shows a chosen emotion using face and/or body.

Students correctly identify emotions demonstrated by others.

Students engage positively with peers by encouraging and responding respectfully.

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PLAY



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Duration: 5 minutes

Objective

To increase emotional awareness and expression through a playful, movement-based activity that combines drama, SEL, and fun.

Gameplay

1. The teacher calls out an emotion (e.g., happy, sad, excited, tired).
2. Students freeze like a statue, using their face and body to show that feeling.
3. The teacher or peers guess the emotion.
4. Repeat with 2–3 emotions.

Debrief

Ask students:

- “Which feeling was easiest to show?”
- “Which feeling was the hardest?”
- “How did you know what emotion your friend was showing?”

Variations

- **Children's Edition:** Use storybook characters or familiar animals. Example: “Show me a superhero face!” or “Be a sleepy puppy.”
- **Fitness Edition:** Add a movement before freezing (jump, spin, wiggle).
- **Teamwork Edition:** Create group statues (e.g., everyone shows “happy” together or make a group statue of “surprise”).

For Wheelchair Users / Accessibility

- Encourage expressions with the upper body, arms, and face.
- Use gestures such as clapping, waving, or arm shapes to show emotions.
- Allow students to point to visuals or emotion cards as an alternative way of expressing.

Notes for Inclusion

- Provide visual prompts (emotion cards, pictures, emojis).
- Model each emotion before asking students to create their statue.
- Allow both verbal and non-verbal participation (sounds, actions, gestures).
- Focus on fun and creativity rather than accuracy.

