Steps to play...

The Statue Game
Embodying Core Emotion Vocabulary

Timing
3-5 min to set up & model
2 min for each core emotion word.

Do Before (options)
Try the Facial Feature Warm Up, or the I Am Using My Voice! Warm Up.

1. Introduce the game
Sample Script (2-3 minutes)
• What is a statue? (Something that doesn’t move, that’s made of metal or wood – like the Statue of Liberty.)
• Do statues move? Do statues talk? Statues stay in one spot, keep their balance and stay quiet.
• Let’s all pretend to be a statue.
• What’s an emotion? An emotion is the same as a feeling. We’re going to make statues to show emotions, or feelings.

2. Model the game
Embody an emotion word using the steps the children will follow.
Sample Script (1-2 minutes)
• I will SAY an emotion word like happy.
• We will SHOW happy with our bodies.
• We will all FREEZE in a statue that shows happy.
• I will DESCRIBE all of the different ways that you are using your body to show happy. You might be making the same statue as someone else or you might have your own idea.
• Then we’ll RESET. We’ll shake that feeling off and relax our bodies so we’re ready for the next word.

continue...
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3. Play the game
Follow the steps for each core emotion word you want to introduce.

Sample Script (1-2 minutes for each word)
- SAY- The next emotion word is __________!
- SHOW- Let use our bodies to show ________.
- FREEZE- Freeze into an emotion statue that shows ________!
- DESCRIBE- Wow! I see so many different, wonderful ways to show ________!

Tips for Step 3
- Enthusiastically describe a variety of choices using specific, detailed and non-judgmental language.
- Use the Describing Tool for Face & Body for support!

4. Release, reset
Choose a consistent way to help your students release and reset between every word

Reset Options (10-20 seconds after every emotion word)
- Relax your body,
- Take a deep breath,
- Wipe it away,
- Shake it out,
- Wiggle it away