



SKILLS: Empathy, respect for others, analyzing situations, communication

OBJECTIVE: Recognize and practice how we can communicate how we are feeling with body language.

Students get into groups, expressing different Emotional Building Blocks through movement while other groups highlight ways they demonstrated the emotion.

Quick Tips

- Students need to be separated into 2 groups for this exercise. Once they are separated, you'll assign their Emotional Building Block word.

Why do we do this?

We do The Emo Show to practice communicating and expressing emotions nonverbally to help others understand what we are feeling and so that we can better understand others' feelings, too. This means sharing how we feel with our faces and our bodies. We take turns showing and expressing different emotions to remind ourselves that everyone expresses their emotions in their own, individual ways.

Ideas for Integration

- What do the following emotions sometimes look like in the body? Students can either complete this as a drawing activity, as a class, or with a partner.
- Excited
- Nervous
- Afraid
- Joyful
- Sad

Virtual Facilitation

Synchronous: In a video conference, assign groups to Breakout Rooms. You will assign each group an Emotional Building Block. The class will come together and each group member will act out their emotion on screen.

Asynchronous: We recommend students participate with people around them. If this isn't an option, encourage them to try a Power of Pause video. You can also point them to the next level student prompts for additional reflection.