

The Emo Show

Primary Competency:

- CASEL: Social Awareness
- xSEL Labs: Emotion Recognition

How *The Emo Show* Impacts Students:

We will be able to...

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

In *The Emo Show*, we practice communicating our emotions nonverbally. We take turns showing and expressing different emotions to remind ourselves that we all express ourselves in our own, individual ways.



Skills:

- Empathy.
- Respect for others.
- Communication.

How to facilitate *The Emo Show* in your classroom:

- Load the video before students come into the class & check that the sound/volume is working.
- Students need to be separated into two groups for this exercise. Once they are separated, you'll need to assign them their Emotional Building Block word.
- Follow along with your students! Reinforce these skills and model active participation.

ENGAGE STUDENTS FURTHER WITH NEXT-LEVEL PROMPTS:

- Ask students to reflect on whether they like to share their feelings with their face or their body better? Why?
- Sometimes we feel emotions in our bodies. For example, if we are nervous or excited, we might feel our heart beating quickening. Think of other situations when you've felt different emotions in your body. Prompt students to turn to the person next to them and share their answer.