

Emotion Party

skill

GOAL: To exhibit a range of emotions in a range of ways – to loosen up and get inspired by each other to fully embrace the mood dictated by the situation and experiment with different ways of showing different emotions.

SET-UP: Choose someone to start things off. He/she stands in front center. The rest of the participants sit along one of the sides of the “stage area”.

EXERCISE: The student starting things off pretends to be tidying up the room as he/she gets ready to host a party. The facilitator makes a door bell sound. The first student on the side gets up and waits at the door. When the host lets them in they bring an emotion with them. For instance: “You won’t believe this! I just found out I qualified for the Olympic tryouts!” (Extreme Excitement) The host joins in with the excitement of the 1st guest and the two play it out for a bit. Then the facilitator makes a doorbell sound again. The next guest must bring a different emotion. “Hi…is this Reed’s house? I’ve never been to a party before. Do I look OK? Where should I set my handbag? (Nervousness). The host and previous guest now switch to that emotion as well and play it out for a while. Facilitator then makes bell sound again and new guest arrives with new emotion. Continue until all the guests have arrived.