

MOVEMENT EXERCISE: Expressing a Feeling

Below are a variety of feelings and states of being. Use the blank spaces to write in your own, then cut out the rectangles and shuffle them up in a hat, bag, or other container.

In groups, take turns drawing a slip of paper, then *silently* expressing that feeling through movement. See if you can get everyone to guess what you're performing.

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| Feeling Lost | Feeling Lucky | Listening to a great song |
| Doing well at something new | Watching something scary | Feeling Joyful |
| Finding someone who needs help | Feeling Betrayed | Agreeing with a friend |
| Remembering a sad story | Waiting for important news | Realizing you made a mistake |
| Feeling Relieved | Surrounded by friends | Feeling Powerful |
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TIP: Try to communicate what these feelings are like *inside*, rather than what they look like from the *outside*. This makes the game more challenging, but you'll discover much more interesting ways to move!