

Feelings Freeze Frame

Variable timing

KS 1/2

An activity, which can be played in the playground or in P.E. It's good for identifying feelings and how we look and act when we are feeling a certain way.

What you will need

Large space

Method

- Ask the children to walk or run around the room (using up all the space).
- Teacher to ring a bell or clap hands- children freeze.
- Teacher calls out an emotion/feeling i.e. Angry – the children then have to act out that feeling using facial expressions and movements (frowning and stomping around).
- Repeat with other emotions.

