



Emotional Acting Worksheet

TEACHER GUIDANCE SHEET

Required Material:

- ▶ Pens / Pencils
- ▶ The Emotional Acting Worksheet

L.O:

- ▶ To understand what it means to regulate my emotions.
- ▶ To feel confident in being able to express my emotions in a controlled manner.

STARTING ACTIVITY (5mins)

GROUP DISCUSSION – Together talk about how it feels when any given emotion (such as anger, sadness or even happiness) becomes too much to hold inside, how it makes us feel, how we react and what we could do to maybe avoid the overflow of emotion.

MAIN TEACHING (10mins)

Following on from the group discussion, tell the children that we can practice regulating our emotions. Ask for volunteers to share if they can explain to the other children what this means.

Tell the children that regulating our emotions in basic terms means the ability to control how we are feeling and being able to handle our emotions so we don't let them overflow. Explain that one way to do such a thing is being able to express the emotion we are feeling in a controlled manner, such as explaining it to someone or even acting it out.

Ask for volunteers to share a recent instance where they have felt a certain emotion, and have them act out to the rest of the children how it made them feel.

MAIN TASK - Emotional Acting (15mins)

Tell the children that you will be calling out different scenarios and they have to think about how that situation would make them feel, then act this out. For example, you would shout out the scenario "you have lost your favourite ball" and the children will act out how that makes them feel, such as feeling 'sad'.

Here are some example scenarios that you can use for this activity. But ask the children to suggest some of their own for you to call out as well.

- ▶ You meet your best friend after a long time apart
- ▶ Someone cuts in front of you in a queue
- ▶ Your dog runs away from home
- ▶ Your dog comes home again
- ▶ You are out hiking in the woods and you get lost
- ▶ Someone steals your pencil case
- ▶ You are wrongly accused of something and get in trouble
- ▶ You get in trouble for something you did wrong
- ▶ You upset someone that you care about
- ▶ You and a friend win the lottery

PLENARY (2mins)

GROUP DISCUSSION – Have the children discuss what emotions they may find easy or difficult to share, and why they think this might be.



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CHILDREN'S SHEET

We are going to practice expressing ourselves by acting out how certain situations might make us feel. This can help us better understand our emotions and learn how we can express them in a controlled way so they don't overflow. For example if the situation is that you have lost your favourite ball, the emotion that you would act out might be 'sadness'.

