

E Feel My Spin

6 minutes

Individually

Purpose: To bring awareness to the way emotion affects movement

Resources: None

HOW TO EXPLORE

- In a group one person starts as the spinner. The person on the left calls out a feeling. The spinner stands in the middle of the circle and starts to spin and turn in a way that shows the feeling.
- After about 10 seconds, everyone else joins the person in the middle.
- Get back in the circle and repeat with a new spinner and caller.



IDEAS

Spin and turn and then someone in the circle shouts freeze. The person freezes showing their feelings. Every one else now copies the frozen statue.

While spinning the caller will call out a feeling to be acted out and then half way call out a different feeling. The spinner then shows the changing between one and the other without stopping.



SIMON'S TIPS

How does a feeling move? What does it look like? Use your movements to show others the feeling.