










Statues of Emotion

 TIME	<p>20 – 30 min.</p>
 No.	<p>Minimum 6 participants</p>
 MATERIALS	<ul style="list-style-type: none"> • Space
 OBJECTIVES	<ul style="list-style-type: none"> • This exercise will provide children and young people with a safe space to identify and explore 'emotions', to provide strategies to deal with difficult emotions and to identify means of support.
 INSTRUCTIONS STEP BY STEP	<ol style="list-style-type: none"> 1. Ask participants to stand in a large circle facing outwards. The facilitator then calls out some of the emotions. On the count of three, everyone should turn in and make a statue of that particular emotion – e.g., happy, sad, angry, upset, calm, worried, proud, lonely etc. Let some members of the group unfreeze so that they can look at other people's statues: ask the group what individual characters/statuses might be feeling and note any similarities/differences between the physical representations.

 <p>DISCUSSIONS</p>	<p>When we are doing this exercise, think about where you feel that emotion. For example, some of us might feel nerves or anxiety in our tummies, but others may feel it in our hands and fingers; some of us might feel happiness in our faces where we are smiling, whilst other people might feel that in their whole body like a warm and fuzzy feeling. When you are creating your statue, think about how and where you experience that feeling and look out for how other people might be showing it – where are they holding the feeling? Does it look different to your version?</p>
 <p>HINTS</p>	<p><i>“We have just been putting ourselves in someone else’s shoes, imagining how someone else might be feeling and what it might feel like to be them. This is sometimes called empathy, which is about us understanding each other’s emotions. How do we know if our friend is upset? What facial expressions and gestures tell us that they are upset? Us seeing that and knowing that is empathy.”</i></p>
 <p>THIS ACTIVITY ONLINE</p>	<p>Not Applicable</p>
 <p>THEORY</p>	<p>Not Applicable</p>