




# Feelings Freeze Dance



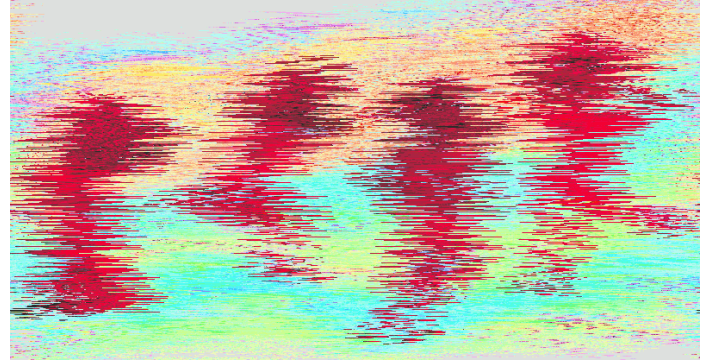
**Body language is an important kind of communication. It can be a great way to express feelings.**

 For people who have a hard time communicating their emotions and feelings in words, body language is another way to show how you feel.

## Directions to Play

### Getting Ready

Choose one person to be MUSIC DIRECTOR each time the game is played. This person starts the music, then stops the music somewhere in the piece. The next MUSIC DIRECTOR restarts the piece where it was stopped, then stops the music some other place in the piece.



### Music

<https://www.youtube.com/watch?v=8hG2M7C3iic>

*You may use your own music instead*

### First Time

- As you listen to the music, start moving in the way that the song makes you feel.
- When the music stops, freeze, keeping your body and face the same as they were during the music.
- Each person in turn explains how they were feeling.

### Each additional time

- MUSIC DIRECTOR announces **one** of the following emotions which everybody is to act out as the music plays. *(Some emotions are easier to show than others-an adult may model the emotion before the music starts.)*  
happy, sad, excited, calm, angry, surprised, afraid, proud, ashamed, jealous, disgusted
- When the music stops, all keep the body and face movements that show the announced emotion.
- Each person looks around at the other participants and gives a thumbs up if everyone is expressing the emotion clearly.