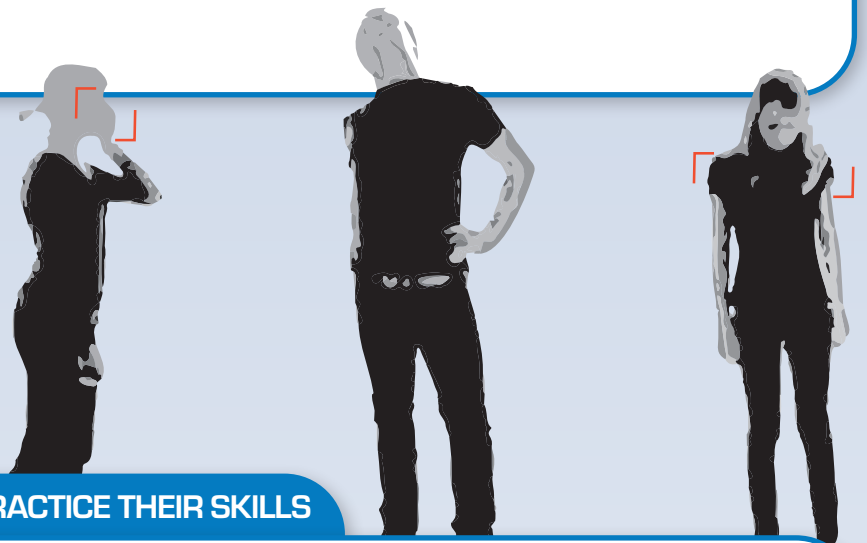


BODY CLUES FREEZE GAME

TEACHER GUIDE

- ▶ **Arrange the classroom** (or move to another area) so that all students can stand approximately an arm's length away from each other in a group.
- ▶ **Explain that the game** will start by you being the 'DJ' and naming a target emotion (e.g. happy). You will then start playing music, and students can move around the room in whatever way they like while the music is playing (e.g. dance, walk, skip, jump), being careful not to bump into other people or objects.
- ▶ **When you stop the music**, the students are to freeze and quickly point to a body part that signals when they feel that target emotion (e.g. point to their mouth smiling for happy). The last student to point to a body clue becomes the next DJ, and the current DJ joins the next round of the game.
- ▶ **Warn students that they cannot point to the same body clue two times in a row!**
- ▶ **Play at least three rounds** of the game. Try to keep talking to a minimum between successive rounds of the game while briefly exploring a variety of body clues with the class. If someone points to a less typical body clue (e.g. their back for angry), ask them to briefly explain the body clue.
- ▶ **Reward students' participation** in this game with praise and points on a classroom friendship rewards chart.



TIPS FOR HELPING STUDENTS PRACTICE THEIR SKILLS

- ▶ Display a poster illustrating anxious and angry body clues in your classroom as a visual reminder for students to be on high alert for these clues.
- ▶ Try to create opportunities in class for students to replay the Body Clues Freeze Game as a fun reminder for them to be on high alert for their emotion body clues during the week.
- ▶ Prompt children to be on 'high alert' for body clues that signal how they are feeling during the week (particularly before entering situations that make them feel anxious or angry).
- ▶ Help students to draw or write their anxious or angry body clues on a body outline provided on an individual worksheet or a large shared poster.

BODY CLUES FREEZE GAME



STUDENT INSTRUCTIONS

- ▶ At the start of this game, your teacher (the 'DJ') will choose a target emotion (e.g. happy). As music is played, move around the room in whatever way you like (e.g. dance, walk, skip, jump).
- ▶ When the DJ stops the music, freeze and quickly point to a body part that signals when you feel the target emotion (e.g. point to your smiling face for happy).
- ▶ The last class member to point to a body clue becomes the next DJ and the current DJ joins in the next round of the game.



WARNING! For this game, you can't point to the same body clue two times in a row.

ANGER ALERT!

Angry body clues might include the following:



ANXIETY ALERT!

Anxious, worried or scared body clues might include the following:

