


## Core Competencies: Personal Awareness and Responsibility & Physical and Health Education – Moving Emotions

<p><b>Curriculum:</b> Core Competency – Personal Awareness and Responsibility Physical and Health Education</p>	<p><b>Learning Goals:</b> -Help students express their feelings in a healthy manner -Help students recognize their emotions -Identify and describe feelings</p>
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<b>Materials</b>
<p>-Safe space for movement</p>

<b>Activity</b>																
<p style="text-align: center;"><b>Focus: Create movements based on different feelings.</b></p> <div style="text-align: center;">  </div> <p>-Show your grown-up, a peer, or a sibling how you would move if you were:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Angry</td> <td style="width: 50%;">Excited</td> </tr> <tr> <td>Annoyed</td> <td>Grumpy</td> </tr> <tr> <td>Bored</td> <td>Happy</td> </tr> <tr> <td>Calm</td> <td>Lonely</td> </tr> <tr> <td>Cheerful</td> <td>Sad</td> </tr> <tr> <td>Confident</td> <td>Scared</td> </tr> <tr> <td>Confused</td> <td>Thankful</td> </tr> <tr> <td>Disappointed</td> <td>Upset</td> </tr> </table> <p>-Brainstorm more emotions and create new movements for each new emotion.</p> <p><b>Extension:</b> After you have shown your emotion movements, secretly choose one emotion and demonstrate your movement. See if the other person can guess the emotion. Invite the other person to try to demonstrate another emotion. Take turns guessing the emotion from the movements demonstrated by each person.</p>	Angry	Excited	Annoyed	Grumpy	Bored	Happy	Calm	Lonely	Cheerful	Sad	Confident	Scared	Confused	Thankful	Disappointed	Upset
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