



Act It Out

Description

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Students work as a team to identify various emotions displayed in others in this acting activity.

Supplies

- No supplies needed

How to Play

1. Divide students into two teams.
2. Call students one at a time and show them an emotion to act out for the group.
3. Each team tries to guess what emotion the student is feeling and identify each of the letters of SHOES the student is using to show their emotion. *Ex. The emotion is angry and the actor/actress uses the "S" (sound of voice) to talk in a loud voice and uses the "H" (how they are acting) to tap their foot and clench their feet.*
4. Teams will earn a point for each letter they guess correctly.
5. Sample SHOES clues to be acted out:
 - Shy — talking quietly, arms crossed, looking down, at school
 - Frustrated — stomping feet, red cheeks, clenched fists, taking a test
 - Victorious — talking loudly, pumping fist, large smile, at a sports game
 - Elated — smiling big, bright eyes, making eye contact, at home
 - Anxious — biting nails, sweating, looking down and away, at a school dance

Activity Prompts for Reflection

- Which letter of SHOES was easiest for you to guess?
- What was difficult about acting out these scenarios?
- Whose shoes have you stepped into recently?
- What is another way you could have acted out one of the emotions during this activity?

Other Ways to Play

- For younger students, walk them through the different letters of SHOES each time while the one student is acting to make it easier.
- Have older students who are acting tell you an emotion word and scenario instead of you providing it for them.

Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.
- Add in other emotions and scenarios that you have seen recently amongst your students to make this activity even more relatable.

Category

1. Activities
2. Social Awareness

Sel-competency

1. Social Awareness

Allotted-time

1. 30 minutes

Themes

1. Acting and Music
2. No Supplies Needed