

Emotional Replay

In this activity students are required to improvise short scenarios that support them to understand the breadth of emotional experience.

Organise students into groups of four. A student is selected to offer the group a scenario.

The students should be supported to come up with everyday scenarios that are specific to their lives and when they experience emotion of some kind.

One of the groups of four improvises the scene for roughly 30–60 seconds. The class then chooses an emotion to add to the narrative and the group replays the original scene with the new emotion.

As the scene is acted out the teacher calls out “hotter” and the students have to act the emotion with more intensity and exaggeration. It is important for the teacher to manage this experience and set parameters for the students to ensure the role play doesn’t become physical or that emotional representation is excessive.

Discuss what happens to people’s actions and responses when the intensity of the emotion increases.

Scenarios could include:

- a new student starting at school
- a birthday where something goes wrong
- someone receives a mean text message
- helping a friend who has been hurt playing sport

Emotions could include:

- Frustration
- Anxiety
- Excitement