

Pass The Emotion

This is a simple activity that works well with younger pupils, but is suitable for all ages and abilities.

It is appropriate for groups of all sizes and should last no longer than five minutes.

Instructions:

- 1) Gather the pupils into a circle.
- 2) Tell them that they are going to pass a smile around the circle.
- 3) Once they have done this, experiment with other emotions - sad faces, excited faces, angry faces, scared faces, and so on.

This can be adapted depending on the age or ability of the group. For example, you could use a more advanced emotion - awkwardness, jealous, frustration, for example.