



Social Emotion Learning and Drama

A creative approach to building school and life skills

HTY is pleased to present you with this brief, creative activity to help your students exercise Social-Emotional Learning competencies.

FROZEN FEELINGS

DESCRIPTION: Students will express a variety of feelings using their body, guided by teaching artist Ms. Clara.

AGE LEVEL FOCUS: K-2

SEL FOCUS: Expressing Feelings (Self-Awareness)

NHES.4.2.1 Demonstrate healthy ways to express needs, wants, and feelings.

ACTIVITY: Creating frozen statues with the body

TO PREPARE:

- Preview the video before sharing it with your students to best help you introduce the activity.
- Let students know they will be encouraged to create frozen statues with their bodies. They can create the statues either sitting or standing, whatever makes them comfortable to participate.
- Feel free to pause the video and repeat any segments. Encourage them to be bold with their choices and enjoy. The more they join in, the more they get out of the creative experience!



Three-minute activity