



Snapshots

Time required (mins)

10 minutes; could be longer if drawn out through discussion



Key Stage 2

Learning outcomes

- ✓ I can understand and describe how I'm feeling
- ✓ I can understand, value and support what others are feeling

Preparation time

None

Resources needed

None

Emotional Muscles

We all have different ways of letting people know how we are feeling. This activity is a good way to support the ongoing wellbeing of your pupils and give them additional tools to share how they're feeling, which supports a sense of belonging. You might also consider using this during lessons, pausing at points in subject teaching to gauge how pupils are feeling about a particular aspect of work.

What happens

1. Pupils and teacher stand in a circle.
2. Explain that we're going to warm up our 'emotional muscles' and that this is useful because what we're feeling can affect how we learn and how we work together.
3. Explain that you're going to call out an emotion, e.g. happy or grumpy. When you do that, you want pupils to respond with a physical pose that represents how happy or grumpy (for instance) they are feeling right now, on a scale of 1-10.

Extension: ask pupils to add a sound – a shout, a grunt, etc. – to add to their emotional 'picture'.

4. Count down from three, then say the emotion you want them to pose. Ask pupils to freeze and notice how others are responding.

Consider striking your own pose and sharing with your pupils.

5. Ask pupils to relax, then ask for volunteers to show their poses. Ask others what they notice, then ask the posing pupil what 'level' they are responding at (e.g., a 5 for happy, or a 3 for grumpy) and why.
6. Repeat as many times as seems useful.

Reflection questions

- How did it feel to share our feelings in this way?
- What was similar or different about how you felt compared to your classmates?
- What did you learn about your classmates/friends that you didn't know before?

This activity works well with

- Class Pictures (Selfies)
- I am Excellent! (Snapshots)