

Mission:

6. Emotions with Sounds

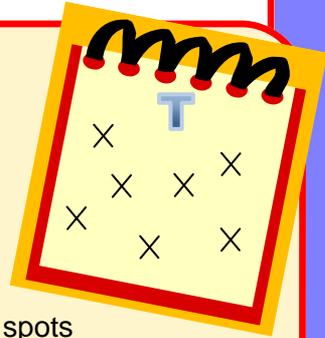
ORGANIZATION:

Music: 6.Tocatta

Materials: N/A

Books: *My Many Colored Days* by Dr. Seuss; or *Today I Feel Silly and Other Moods That Make My Day* by Jamie Lee Curtis; *The Way I Feel* by Cain Janan

Set up: Children begin sitting on their carpet spots with enough room to move around their spot.



This activity can be broken into two different ones. First, read a story and ask children to march when you use calm voice, stomp their feet when you are reading with loud voice, tiptoe when you whisper and dance when you sing. Read any book with different voices. This activity can be combined with feelings. For example, read the story again and have the children move according to the different emotions you read about. For instance, when you read in a loud voice, the children stomp like they are angry or upset; in a whisper, the children tiptoe as if shy, sad or bored, and in a singing voice, the children dance as if happy, silly or excited.

VARIATIONS:

When reading emotions books that have colors as well, children could be asked to use the moves for different emotions based on the color shown in

the book. For instance, if you hold up yellow, the children need to remember it represents happy like a buzzing bee and dance in place. This is more challenging and should be used once children have practiced the sounds and feelings first.

EXTRA TIPS:

Begin by acting out just a few feelings and then add more complex feelings and movements. Combine animals with emotions and moves and ask children to move accordingly, e.g., angry-stomp-elephant .

Emotions with Sounds

CHOOSE:

Children may be allowed to determine how they move according to the emotion shown, or they may be able to name different emotions and come up with ways to move that reflect those emotions. *How many different ways can you find to move with this emotion?*

ASSESS:

Development and Learning Objectives:

- TSG 2b - Responds to Emotional Cues
- Early Learning Standard 10.2 - Self-Regulation, Benchmark 5
Physical:
- TSG 35 - Explores Dance/Movement Concepts
- Early Learning Standard 13.2 - Music, Arts, Movement, Benchmark 2

RELATE:

Children could be asked to work in pairs and decide together how to act out various emotions. Let the children come and hug you or a friend with the positive emotions and stay in their bubble when moving around with the negative emotions.

ENERGIZE THE BRAIN (EF):

Children will need to use working memory to remember which voice tone or color symbolizes a certain emotion. Children will need to make decisions about how to act out various emotions and switch from one more to another based on the sound while reading.

