



# STAGE PICTURES

## 4-H Theatre Arts Lesson

### TELL STORIES WITH STAGE PICTURES



#### Project Skills:

Acting

#### Life Skills:

Expressing yourself  
WI Academic Standards:  
Theatre Education B.4.  
Performance

#### Time:

20-25 minutes

#### Supplies:

Set of 16 Emotion Cards

#### Getting Ready:

Locate an area large enough to use for a stage.

### WHAT TO DO

#### *Practice holding still*

1. Instruct youth to stand up and remain completely still and quiet.
2. After one minute, tell them to very slowly raise one of their arms.
3. When most youth almost have their arms extended, instruct the youth to freeze in place.
4. As youth are “frozen,” check to see if anyone giggles or holds their breath.
5. Have the youth relax. Ask them if their arms got tired. That happens when they spend a lot of energy pushing their arms up.
6. Try it again for one minute. Remind them to relax and keep breathing.

#### *Express emotions by making stage pictures*

1. Divide the youth in to two groups, group A and group B. Group A will begin as performers and group B will be the audience.
2. Show group A an emotion card. Make certain that group B does not see the word.
3. One person in group A should take a still pose that shows the emotion. One by one, everyone in group A joins the first person. They can pose near the first person as part a stage picture or create a related picture nearby. Each youth should hold their pose without moving until you tell them to “Relax.” They should remain quiet.
4. Group B guesses what emotion they are seeing. If they guess correctly, tell the performers to relax and move to the next step. If they can't guess the emotion, say “1,2,3 switch” and tell everyone in group A to take new poses to express the same emotion. Ask group B to try to guess again. The performing group can switch up to three times. If the audience does not guess after three switches, ask the performers to tell the audience the emotion.
5. Have each group change roles.
6. Repeat this process until all of the emotions have been acted out.

### TALK IT OVER

Try to get each youth to express his or her feelings and experiences.

#### *Reflect:*

- How did you feel when you were “frozen” while expressing an emotion?
- As the audience, what helped you identify the emotion?
- As the performers, what was the hardest part about communicating without words?

#### *Apply:*

- What can you do to make yourself understood when you can't use words?
- How comfortable do you feel expressing yourself without words?
- When is it important to communicate without using words?



# Emotion Cards

Stage Pictures

<b>FRUSTRATED</b>	<b>CONFIDENT</b>
<b>HAPPY</b>	<b>MAD</b>
<b>SAD</b>	<b>DISAPPOINTED</b>
<b>ANGRY</b>	<b>HEARTBROKEN</b>
<b>CONFUSED</b>	<b>IN LOVE</b>
<b>EXCITED</b>	<b>CHEERFUL</b>
<b>HURT</b>	<b>CRUSHED</b>
<b>AFRAID</b>	<b>BORED</b>

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**Happy**

**Frustrated**

**Sad**

**Confused**

**Angry**

**Excited**

**Hurt**

**Afraid**

**Confident**

**Mad**

**Disappointed**

**Heartbroken**

**In Love**

**Cheerful**

**Crushed**

**Bored**