

# Activity Title: **Body Objects**

*Grade Level: K-Adult*

## CONCEPTS AND SKILLS

Choose one of the following as the focus for your instruction

Body, Imagination, Imitation, Transformation, Creativity

## VOCABULARY

Choose vocabulary to complement your chosen concept or skill

Imagination, Imitation, Transformation, Creativity

## CONNECT TO...

Social/Emotional Learning, Language Arts: Visualizing, Setting

## MATERIALS

None

## Activity Description

Name objects and have participants transform into those objects with their bodies. This can be done individually, in pairs, or in teams. More complex objects should be named for pairs or groups. Next, the leader names a setting that groups create with as much detail as possible. Coach the participants, as objects, to use expressionless, frozen faces. Have them hold each object in a frozen position and morph into the next object slowly when it has been announced.

Some object ideas: candle, knife, fork, spoon, folded napkin, glass, wrist watch, globe, book, door, window, coat hanger, brush, comb, envelope, postage stamp, chair, frying pan.

**SPACE: Open Space for movement.**



## Your Personal NOTES

Write your notes and thoughts here after teaching the activity so you can remember changes or additions you made.

## TIPS, HINTS, AND STRATEGIES

*There is an entire lesson developed for this activity called Body Objects. This activity was lengthened into a lesson to demonstrate a method for playing out a story where all actors are kept involved while waiting for their characters to enter. With this activity, all participants can be involved some way at all times.*

*Encourage “no voice.”*

*Encourage students to not “boss” partners with physical gestures.*

### LOOK FOR THESE THINGS!

Could participants hold still and remain expressionless as objects?

Were participants able to do the work without speaking or “bossing” their partner with physical gestures?

Were participants able to think of details to add to their object?

Were participants able to think of ideas for the objects?



# Supplemental Teaching Strategies, Hints, Tips

The following pages are resources designed to help

*Available to subscribers*

