Activity Title: Body Objects

Grade Level: K-Adult

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.
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.

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