

TEACH AN ALIEN ABOUT HUMAN EMOTIONS

Acting with Tori Rice

An exercise in thinking. Pretend you're an alien detective who has been sent to Earth to investigate human emotions! Create a scene between you (the alien) and a human being in which the alien asks a human for help deciphering human emotions.

Vocabulary: Dialogue – a conversation between two or more characters

The following project was designed to complement Sanford Harmony's 3rd grade SEL lesson, Feelings Detective.

online.sanfordharmony.org/topic/sfwd-grades-Grade-3-Unit-2-Empathy-and-Critical-Thinking-22-Feelings-Detectives-Activity-Feelings-Detectives/

WHAT YOU'LL NEED

- pen or pencil
- costume pieces for alien—any materials around the home (cardboard, sheet, towel, hat, sunglasses, etc.)
- dialogue template
- feelings chart in Appendix 2.2, if needed



Step 1: Name your alien character.

Name example: Mr. Green Machine

Create a costume from items around your house.



Step 2: Write dialogue between the alien and a human being.

Fill in the blanks. In this example, the human character is named George.

Mr. Green Machine: Hello, I'm Mr. Green Machine from the planet Shrub-a-dub-dub. I have been sent to learn about human feelings. Can you help me?

George (looking scared): Hi, _____. I'm George. You're a friendly alien, I hope.

Mr. Green Machine: Yes! What is that look you have right now? Your eyebrows are _____ and your mouth is _____. Your shoulders are _____ and you look like you want to _____ away!

George: I am feeling a bit afraid. I've never met an alien before.

Mr. Green Machine: Please don't be afraid! I want to learn from you! Can you show me what a person looks like when they are _____?

Step 3: Continue the dialogue and have the human character show each feeling.

While the human is showing a feeling, have them describe what is happening to their body and face like the example for "afraid."

Explore happy, angry, sad, and surprised. Remember to show the emotion through your facial expression and your body posture. Refer to the Feelings Chart for guidance if needed. Remember to thank the human for their help!

Step 4: Now that you have written the scene, find a household member to act it out with you.

While the human is showing a feeling, have them describe what is happening to their body and face like the example for "afraid."

Reflection

- Name a scenario in which you were surprised. How did that make you feel? Do you like surprises? Does your acting partner like surprises?
- Name a scenario that makes you angry. Ask your acting partner if it also make them angry. If not, how does it make them feel?

People can respond to the same scenario in different ways. We don't all feel the same way about the same thing. That is ok. Remember to look for visual cues to help you recognize how someone is feeling in a situation.

Feelings Detective: An Exercise in Empathy
Dialogue template
By Tori Rice

(name of alien)

Hello, I'm _____ from the planet _____.
(name of alien) (name of planet)

I have been sent to learn about human feelings. Can you help me?

(name of human)

(looking scared) Hi _____. I'm _____. You're a friendly alien,
(name of alien) (name of human)
I hope.

(name of alien)

Yes! What is that look you have right now? Your eyebrows are _____ and your
mouth is _____. Your shoulders are _____ and you look like you
want to _____ away!

(In this section, fill in the blanks with the words that would describe how someone looks when they are afraid.)

(name of human)

I am feeling a bit afraid. I've never met an alien before.

(name of alien)

Please don't be afraid! I want to learn from you! Can you show me what a person looks like when they are _____?
(insert feeling)

(Continue the dialogue and have the human character show each feeling. While they are showing it, have them describe what is happening to their body and face like the example for "afraid." Explore happy, angry, sad, and surprised. Refer to the Feelings Chart for guidance, if needed.)

(name of human)

(name of alien)
