

FIT lesson plan

Subject area: Performing Arts

Title: expressing and hiding emotions

Key Stage: 3 & 4

Learning objectives: to explore different emotions and expressions and what it means having to hide emotions

Key Words: emotions, expressing, feelings, hiding, displaying

Lesson outline

	Time	
Starter	10'	<p>Emotions and expressions Every student draws a piece of paper with an emotion written on it and then acts out the emotion - the rest of the class has to guess the emotions.</p>
Main Part	25'	<p>Improvisations using unseen scenes from FIT The film shows the characters in lots of different environments and situations.</p> <p>There is a lot we don't see: you could try taking a character and improvising scenes that aren't shown, but are referred to, in the film, focus on the emotions and feelings the characters are likely to experience.</p> <p>You could also try improvising scenes that you imagine could happen in the future: how you think a character would react in a given situation once the film is over.</p> <p>Examples:</p> <ul style="list-style-type: none"> ○ Lee: responding to someone calling her a lesbian ○ Karmel: telling her parents that she is gay ○ Tegs: being bullied for appearing 'gay' ○ Jordan: telling his football team that he is gay ○ Ryan: talking to his sister about his sexuality ○ Isaac: seeing Ryan being bullied for being gay ○ The oppression felt by Jordan (from the sports coach)
	15'	<p>Hiding your emotions In Jordan's and Ryan's stories there are examples of characters hiding their true emotions. In this exercise, you need to show the audience your feelings but make sure the other character doesn't see how you really feel. Take a scenario e.g. you are sat in a classroom working with someone you really fancy. You don't want to tell them, or show them how you feel in case you are embarrassed or knocked back. Experiment with eye contact, flirting, but make sure the other</p>

		character doesn't realise. You will need to ensure that you are taking it in turns to pass the focus.
Plenary	10'	Discussion How does it feel to act out emotions and reactions? Is it easier if you can relate to the character? Is acting emotions the same as hiding emotions in real life? What's the difference?