

**Name/Title:** The Feelings Hop

**Academic content:** Health

**Purpose of Event:** To allow the students to express their emotions. To allow the students to explore the feelings associated with different real-life situations. To allow the students to practice the skill of hopping.

**Activity cues:** See cues for hopping in PE Central activity area.

**Prerequisites:** Directions for Making a Feelings Board: A Feeling Board is easily made by drawing a line down the middle of one side of poster board or large piece of paper. Draw or glue a smiley face on one side of the board and a frown on the other side. It is strongly recommended that the boards be laminated for durability. The only prerequisite for this activity is that the students know that a smiley face symbolizes happiness, whereas a frown symbolizes sadness. The students should review the basic cues in the skill of hopping.

**Suggested Grade Level:** K-2

**Materials Needed:** A "Feelings Board" for each student in the class (see directions on how to make a "Feelings Board").

**Physical activity:** Hopping

### Description of Idea

Have each student find their own space. Remind them that they must remain in their own personal space throughout the activity.

Give each student a Feelings Board. Review the skill of hopping.

Call out an event such as "I am having a birthday party!". Have the students hop in different ways on the face which shows the feelings they would have if they were having a birthday party. Continue giving different situations and have the students hop to whichever face symbolizes how they would feel in that situation. Different types of hops can include hoping on the right/left foot, hopping at a high, medium, or low level, hopping hard/soft, fast/slow, etc... Use other movement concepts to express emotion, i.e., Sad would be hopping slowly at a low level, Happy might be hopping quickly and lightly, Mad might be hopping in a zigzag pathway with strong force, while still traveling toward one of the smiley faces.

End the activity by discussing the importance of expressing their feelings.

**Variations:**

For older students, make a more in-depth Feelings Board. Feelings could include happiness, sadness, fear, surprise, or confusion.

### **Assessment Ideas:**

Have the students list different situations that make them happy and different situations that make them sad.

Have the students discuss how hopping is used in different games and activities.

### **Adaptations for Students with Disabilities:**

For students with disabilities, the physical skill could be changed from the locomotor skill of hopping to the nonlocomotor skill of stretching.

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Submitted by **Crissie Fanning** in Central , SC . Thanks for contributing to PE Central! **Posted on PEC: 2/5/2001.**

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