



QUICK SWITCH EMOTION CHAIRS

During this time of quarantine, you may find your feelings and thoughts getting trapped inside of you. This game is a game of feeling expression inviting you to use your body, feelings, and quick movement to get out what is inside. You can exaggerate your expression as much or as little as you want. The goal is to have fun.

How to Play:

- 1) Set up three different chairs in a line leaving a space in between each chair. Each player chooses one feeling to represent each chair. Opposite feelings can be fun.
- 2) Identify who is the first “Performer” and who is the first “Switch Caller”
- 3) The “Performer” sits on any one of the chosen chairs physically expressing/showing the feeling that chair represents, feel free to add sounds and/or dialogue.
- 4) Once the “Performer” has physically expressed the feeling the “Switch Caller” calls “switch”.
- 5) On “switch” the “Performer” switches chairs physically acting out the different feeling the new chair represents.
- 6) When the “Switch-Caller” calls “switch” again, the “Performer” changes to the other chair acting out that chair’s feeling. The Switch-Caller can call “switch” as often as desired and as quickly as desired.
- 7) Because, we often feel more than one feeling at a time, the “Switch Caller” can also call out “in-between”.
- 8) When “in-between” is called out, the “Performer” chooses a space in between the different chairs while physically expressing the different feelings while moving in between the chairs.
- 9) “Switch-Caller” and “Performer” trade places. New Feelings are chosen for each chair during the new round.

There is no wrong way to play this game. The only guideline is to keep the chairs on the floor and to keep everyone playing the game physically and emotionally safe.

Variations: If two or more players would like to play, make this game into a feeling conversation. Two performers can be behind or on the chairs. When the “Switch Caller” calls “switch” or “in-between” the “Performers” spontaneously choose which chair to move to. It’s okay to land at the same emotion chair.

Have fun with the physical expression of the various feelings. Enjoy making up your own new feelings and having people guess they are! Feel free to add music and create your own variation and style to the activity.

Here is a list of feelings to help you get started:

- Happy, Exhausted, Frustrated, Excited, Confused, Worried, Silly, Embarrassed, Nervous, Scared, Hopeful, Sad, Angry, Disappointed, Lonely, Bored, Tired, Ashamed, Relieved, Guilty, Cautious, Overwhelmed, Hungry, Depressed, Shy, Upset, Surprised, Calm, Playful