

EMOTION IN MOTION

Subject: Movement Therapy No books Day - "Emotions in Motion" (Grade - VII)

Date; September 25, 2026

Description:-

As part of No books Day, Grade 7 students participated in "**Emotions in Motion,**" a movement therapy-inspired session designed to explore how emotions connect to physical posture, movement, and social interactions. Rather than relying solely on discussion, the session aimed to help students realize that emotions are physically embodied with no single "correct" form of expression, while demonstrating how bodily shifts can support emotional regulation, empathy, non-verbal communication, and group cooperation.

Session Activities

1. **Slow, Fast, Freeze (Warm-Up):** Students adjusted their walking pace or froze based on prompts, building playful body awareness and focus without competition.
2. **Emotion Statues:** Students created frozen poses for various feelings (e.g., happiness, nervousness, anger), observing how emotional expressions vary from person to person.
3. **Mirror Activity:** In pairs, students silently mimicked each other's slow movements, practicing close observation, empathy, and active listening.
4. **Group Challenge:** Groups created silent collective statues representing *Teamwork*, *Chaos*, and *Calm*, requiring non-verbal negotiation and adaptability.
5. **Closing Reflection:** Students gathered in a circle to reflect on the prompt, *"What did you notice about yourself today that you didn't notice before?"*

The session successfully guided students from individual body awareness to paired empathy and group collaboration. By treating the body as an active tool for understanding and managing feelings, "Emotions in Motion" provided an engaging, age-appropriate way to explore emotional regulation and social connection.