Chapter 17

EMOTION AND EXPRESSION IN DANCE

What we feel, we express and that is called expressing emotion. Observe your friends throughout the day. How many expressions can you notice? Can you identify the feelings through the expressions you see? There is a very famous phrase that says, "Face is the index of your mind." What is in your mind shows up on your face.

This chapter helps you explore various emotions and expressions and understand how to represent them in dance.

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Activity 17.1 Emotions

We go through a lot of situations that make us feel different emotions. Can you name a few emotions that you experienced today?

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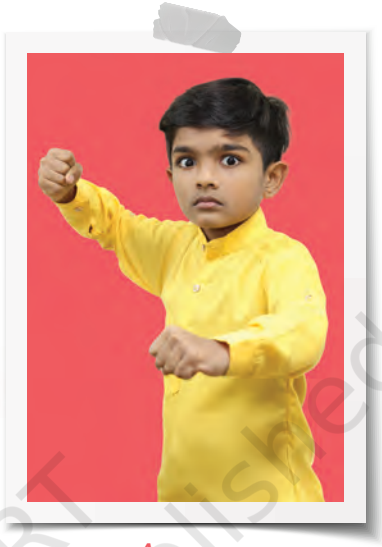
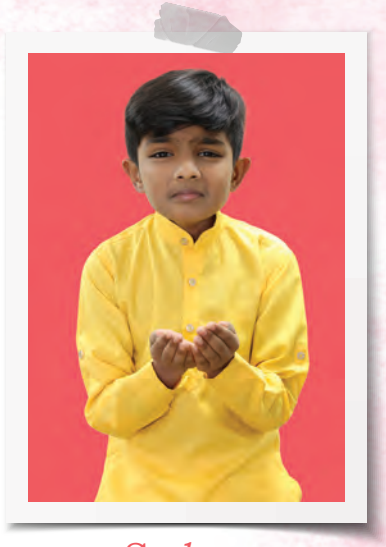
Do you remember how your face and body expressed it? Let us try to understand these emotions through emojis.

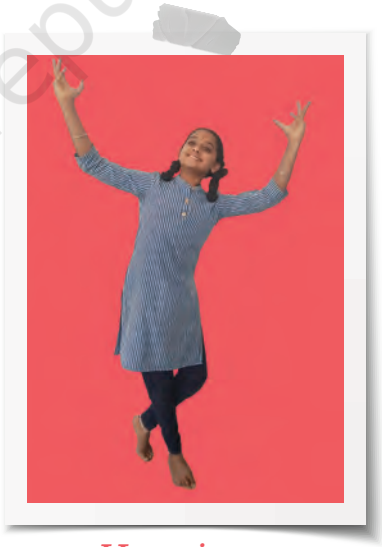
Let us create these expressions using dance movements. Remember the footsteps, arm movements, and *hastas*? Now put them together to show these emotions as you feel them.



Anger



Sadness



Happiness

Fearfulness

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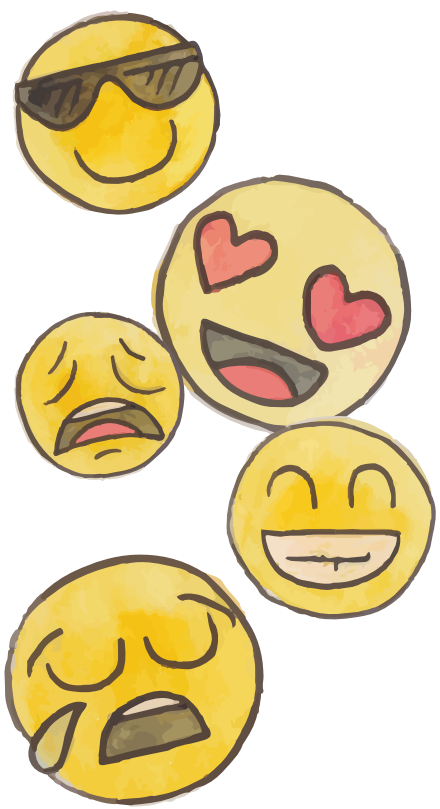
Situations — Emotions

What would be your expression for the given situations? Fill in the blanks with drawings of emojis showing the emotion.



Situations	Emotions
• When your parents give you a surprise gift.	
• When someone is beating an animal.	
• When you see a rainbow.	
• When you see squirrels chasing each other.	
• When you are sick and unable to play with your friends.	
• When there is a storm.	

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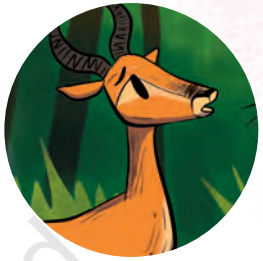
★ Activity 17.2 Animal Emotions

Discuss the emotions experienced by the animals in the Panchatantra story. Using expressions and hand gestures, show one emotion of any animal. Then let your friends guess the emotion.



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ASSESSMENT — Chapter 17: Dance Expressions in Your Life		
Competencies : CG 2 – C-2.1, C-2.2; CG 4 – C-4.2		
Learning Outcomes	**Teacher**	**Self**
Takes cognisance of emotion and empathy		
Correlates emotions with animals and nature		
Confidently expresses various emotions		

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Teacher's feedback on student's strengths _____

_____

Teacher's feedback on areas of improvement _____

_____

Any other observation _____

_____