

## MOVE YOUR MOOD

Choose an emotion that speaks to you today—like joy, anger, sadness, calm—or come up with one of your own. Take a moment to explore how it lives in your body. Ask yourself: If this emotion had a shape, what would it be? Would it move? If it moved, would it travel fast or slow, feel heavy or light, sharp or smooth? Where do you feel this emotion most strongly—your hands, chest, feet, face? Based on what you discovered, invent three movements that express your emotion and create a visual representation of each movement in its own box below. You can name them, describe them in words or sketch them out—whatever helps you remember. These can be big or small, abstract or literal. Once you have your three moves, try performing them in a row. Repeat the sequence a few times until it feels like a short routine. Want to take it further? Add music that matches your feeling, repeat some of the moves, change the speed, or perform with a partner or group.

