Dramatic emotions - Teacher

Sparklers
Helping tamariki live brighter

WHAT'S HAPPENING?

Kids in back-seat of car, Parent in front, Sibling 1 annoying Sibling 2.

CHOOSE YOUR ROLES!

1. Parent (Mum/Dad): Driving car
2. Sibling 1: Younger child… a little annoying.
3. Sibling 2: Older child — trying not to snap!

SCENE 1: PLAYFUL BUT ANNOYING

- **Sibling 1:** *Start annoying/jabbing your sibling in a playful/smiley way (gently!!)*
- **Sibling 2:** *Look a bit annoyed, don't react yet.*
- **Parent:** *You're relaxed and happy, driving along, unaware of what's going on.*

Teacher hit "PAUSE!" and ask:

- What do you think's going on here? Siblings and one is being annoying.
- How is Sibling 2 (one getting annoyed) feeling here? What's the emotion or colour?
- What about Sibling 1 (actor doing the annoying)? What might they be feeling here?

Teacher: "Okay, I'm going to play this scene again… actors are you ready for Scene 2?" (allow some time for them to read ahead)

SCENE 2: RAISING EMOTIONS

Actors: *Do what you were doing in scene one… playful annoying.*

Teacher: Okay, let's fast forward and see how things might escalate. "FAST FORWARD"

Actors use speedy/jerky movements to show…

- **Sibling 1:** *Be more annoying! Less smiley/playful.*
- **Sibling 2:** *Try to ignore it, move away, then get angry! Push their hand away, then tap on the parent's shoulder to get their attention.*
- **Parent:** *Drive normally, ignore arguing, then when your shoulder is tapped, swerve the car, yell at the kids, and look angry / stressed.*

Teacher hit "PAUSE" and say:

Let's look at the emotional slides for each character.

- What colours and emotions did the parent go through? Started green, escalated to yellow then hit red… fast!
- What about sibling one (the one getting annoyed)? The same as the parent, maybe a slower escalation.
- What about sibling two (the one doing the annoying?) Started in yellow, went to red, back to yellow.. or maybe it was yellow / red the whole way through.

Teacher: I'm going to hit play, and the actors are going to repeat the scene but this time we're going to de-escalate the situation. Actors are you ready (let them read on!) then hit "PLAY".

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SCENE 3: DEALING WITH THE SITUATION IN BETTER WAYS

PART 1: Finding solutions

- **Actors:** *Re-start the scene (playful annoying)*

Teacher hit "PAUSE" before the situation escalates and ask: Instead of getting angry, what could we try at this point?

- We could try being kind to the sibling
- We might ask: What's up?
- We could name the emotion they may be feeling to validate this: "You seem a bit upset / yellow, what's going on?"

Teacher: Now we're going to see how doing this might make a difference. When actors are ready, hit PLAY

PART 2: Trying kindness... and this time around it helps!

- **Sibling 1:** *Start being playful and a little annoying*
- **Sibling 2:** *(Use idea from the class) eg: Smile,* "What's up? You seem a bit wriggly and upset?"
- **Sibling 1:** *Stop annoying the sibling.*

Teacher hit PAUSE, and say: That's a good outcome. But we know it doesn't always work. This time we're going to pretend it doesn't help. When your actors are ready for Part 3, hit PLAY.

PART 3: Trying kindness... this time it won't help!

- **Sibling 1:** *Start being playful and a little annoying*
- **Sibling 2:** *Smile, ask:* "What's up? You seem a bit wriggly and upset?"
- **Sibling 1:** *Become more annoying!*
- **Sibling 2:** *Look shocked.*

Teacher hit "PAUSE": This time we're going to ask for some help from the parent. That should work shouldn't it?

PART 4: The parent is tired and gets annoyed

- **Sibling 1:** *Starts annoying*
- **Sibling 2, ask:** "What's up? You seem a bit wriggly and upset?"
- **Sibling 1:** *Keep annoying!!*
- **Sibling 2:** *Tell on the sibling (in a loud and annoying way).* "Muuuum / Daaaaad, _____ *(sibling's name)* is being reeeeeeeeeally annnnnnnnoying!!"
- **Parent, snap at Sibling 2:** "Stop being such a nark. I'm sick of it. It's really annoying!"
- **Sibling 2:** *Look shocked!*

Teacher, hit "PAUSE": Woah – now what? Is there a better way they could have asked for help?

- Gather ideas
- E.g. Explain the situation, don't whine, keep calm!

Teacher: Let's give that a go.

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PART 5: This time the parent will help

- **Sibling 1:** *Starts annoying*

- **Sibling 2, ask:** "What's up? You seem a bit wriggly and upset?"

- **Sibling 1:** *Keep annoying!*

- **Sibling 2:** *Ask the parent for help in a calm way,* "Hey, something's up with _____ (sibling's name). He/she keeps trying to annoy me, and I'm finding it hard to to stay calm."

- **Parent say:** "Okay, nice keeping calm. I'll stop the car, so you can come over to the front seat. Then perhaps when we get there you can tell me what's going on _____ (younger sibling). I'd be really keen to hear if something's bothering you."

Teacher: Once this scene is over, applaud your actors.

Let everyone know they'll all have a chance to act out situations like this in your next session.