

This activity has been adapted to complete in an online meeting and should take about 30mins, but it will probably be less. It is for the Express Myself theme award.

In this activity we are going to look at facial expressions and how we can show how we are feeling. Clowns use very over the top facial expressions in their performances.

Warm ups

1. Looking straight ahead open your eyes and mouth as wide as you can and hold it for 10 seconds, repeat this 6 times.
2. Now screw up your face as tight as you can and hold this for 3 seconds. Relax and then repeat a few time.
3. Next your going to pretend to chew a sweet, move it around your mouth to enjoy all the flavour.
4. Last you are going to move your head slowly to the right and hold, left and hold, up and hold and down and hold.

Leaders - You are now going to suggest a couple of different emotions for the girls to try and show on their faces.

Then get each girl one at a time to think of an emotion and show that facial expression for the other girls to guess.

Finish by all pulling funny faces to make each other laugh.

