

All Aboard the Emotion Express

Activity designed by TWU OT students

In 1983 George Segal created this sculpture, called *Rush Hour*. George Segal used his neighbors, friends, and family as models for his sculptures. He made casts of their bodies using plaster fabric strips (the same material doctors use to make a cast to heal a broken bone). Segal later had these plaster sculptures cast in bronze.

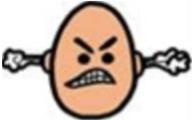
Rush Hour represents six everyday people commuting to work. Their expressions seem distant and tired. They are so wrapped up in their day-to-day activities and thoughts that they do not notice there is someone walking beside them who is just like them.

When you feel alone, it is important to seek help from those around you. Who knows? They may be experiencing emotions like you!

Activity:

Identify the emotion that you see in the picture and then walk 10 steps acting out this emotion. After you have done this, think about what makes you feel this way and how you can help those around you who are feeling this way.



Emotion:	What makes you feel this way?	What can you do when you or someone you know feels this way?
 Sad		
 Tired		
 Angry		

Here are some ideas for how you can make yourself or someone you know feel better:

- Take 5 deep breaths
- Think about something that makes you happy
- Listen to your favorite song
- Take a walk
- Ask for a hug or your favorite toy
- Tell someone how you are feeling