



Walk & Freeze

Shapes

- Sharp, angular, boxy
- Curving, round, flowing
- Twisted, tangled, spiraling
- Expansive, multi-directional, huge

Levels

- **High**
picking fruit, dusting top of fridge, climbing a tree or ladder
- **Medium**
sweeping, walking a dog, reaching in a cupboard
- **Low**
looking for an earring, following a mouse, watching an amazing ant battle

Speed

- Glacial: Slow motion - Honey
- Normal: Ordinary - Walking
- Hurried: 1 ½ speed - You're Late!
- Hyperspeed: Like a rocket!

Emotions

- Shy
- Embarrassed
- Curious
- Confused
- Sad
- Hopeful
- Scared
- Excited
- Jealous
- Angry
- Confident



Scenarios

- *Your boss just deeply praised all of your co-workers one by one, but completely passed over you, and didn't even make eye contact.*
- *you're going to pick up a long lost friend at the airport. You haven't seen them in years...*
- *You are walking through the woods at night, and you're lost, but there's a little light across the forest shining from under the roots of the tree. Carefully make your way to the light and see what you find...*
- *A puppy is running out of the kitchen into the street, and you decide to rescue it, but you, for whatever reason, can only move in slow motion...*
- *You are an alien in a human body and you don't want anyone to know...*
- *Your great grandmother lost her earring that is from the early 1800's, and she lost it here in the kitchen. You've gotta at least try to look for it.*
- *Someone spilled honey all over the floor and it's really slippery*
- *You were flipping your mattress, as you're supposed to every year, and you found an extra \$100 dollar bill that you had never seen before.*
- *You just came into the cabin out of a wild rainstorm, and you are soaking wet, take off all your rain gear and boots and hang them up to dry off by the fire...Try not to get everything wet!*
- *You have a broken heart, but it kind of feels good...*
- *It's the last day of school and you are excitedly walking down the hall for the last time... When you realize you're locked in school building for the entire summer*
- *You're walking along a winding trail worried about rattlesnakes*
- *There's a subtle earthquake, nothing to knock you off your feet, but as you walk across the room, feel how it throws off your balance just a little...*