

THEME: COMMUNICATION

TITLE: NON-VERBALS

OBJECTIVES:

1. To distinguish what body language sends what message
2. To get the students aware of their own body language

MATERIALS:

1. Separate slips of paper each with a different emotion listed (ex: happy, sad, angry, scared, calm, etc.)
2. Something to hold the slips of paper so students cannot see what they are picking (ex: a hat, paper cup, etc.)

INSTRUCTIONS:

- 1 Pick an emotion out of the hat and without saying what emotion you picked, demonstrate the emotion with your body language.
- 2 Ask students to take turns picking an emotion and acting it out. Make sure they know that they are to act the emotion out independently (i.e., they are not to touch anyone to demonstrate anger, etc.)
- 3 Conclude by talking about and practicing holding a confident and respectful posture/ facial expression. Also, talk about the appropriate body language for listening (i.e., eye-to-eye, not fidgeting, nods & “uh-huhs”, etc.).