

Body Language Charades:

Ask if anyone knows what “body language” means. Clarify that body language refers to how one expresses feelings through body movement. Then ask the group for several examples or give a couple of your own: smiling, shrugging shoulders, rolling eyes and so on.

Explain that this activity will give the group a chance to practice communicating through body language. Review the instructions: I will need 12 volunteers to play a game like Charades. Who can explain how Charades is played? (If no one can, explain how the game works: a person acts out something and the audience tries to guess what it is.)

The first volunteer will draw a card with a feeling written on it, then act it out without using words. The rest of the group will guess what feeling is being communicated. Once the feeling is correctly guessed, the next person in line will draw a card and act it out.

The game will continue until there are no more cards or time is up.

Debrief Activity....What terms were easy to identify? Which were hard? Discuss why they think so. Why is reading someone’s body language an important aspect of listening? How does this relate to last week’s lesson with social media and listening?

Attractive

Angry

Exhausted

Disappointed

Sad

Shy

Happy

Afraid

Nervous

Embarrassed

Enthusiastic

Bored

Defensive

Confident