



Body Language Activities

Body Language Charades



At least 2 people needed for this game. Get your child to act out and interpret the list below of non-verbal cues . This activity helps with identifying nonverbal communication cues from others. Have your child display one of the nonverbal communications, while the others share or write down what nonverbal message they are receiving.

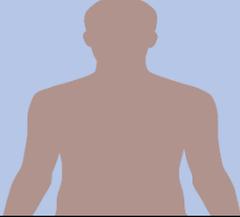
Non-verbal cues can include:

- Leaning back in a chair with arms crossed;
- Leaning forward in a chair;
- Smiling;
- Frowning;
- Yawning;
- Nodding;
- Resting chin in both hands;
- Resting chin on knuckles;
- Rubbing your temples;
- Tapping fingers on the table;
- Looking at your watch;
- Staring around the room;

Mimes



You will need 2+ people for this game. . This activity can be one for all the family to do together . Get one person to stand in front of everyone in the room, and give them a slip of paper with an emotion or brief scenario written on it. Ask them to act out the feeling or situation using only his or her body. Others should try to interpret the feelings being conveyed. Leave time after each enactment to talk about what they notice, which might include the fact that not all people use body language in exactly the same way.

<p style="text-align: center;">Picture Book</p> 	<p>You will need 2+ people for this game. Pair your child up with their 'partner' and give them a picture book to work with. Ask them to read their picture books together, paying attention to how the characters use their bodies and gestures to express their ideas and opinions. Have them talk with their partners about what they notice.</p>
<p style="text-align: center;">Building Bodies</p> 	<p>This activity involves identifying which parts of our body do we communicate with? The activity comes with a template body, clothes and body parts. Ask your child can they identify the parts of our body we use to communicate with? They can add hair, eyes and clothes if they want.</p> <p>(The document is attached below)</p>

<p style="text-align: center;">Simon Says</p> 	<p>You will need 2+ people for this game .Create a series of different body language cues together and practice these before commencing the game. Examples:</p> <ul style="list-style-type: none"> • Look sad , jump for joy • Look angry, storm off • Look excited, clap your hands • Look tired/sleepy, look bored <p>Play Simon Says as you usually would do but use these body language cues instead of words for the instructions. For example, 'Simon Says...(make a non-verbal cue to express excitement)'. Wait for the player(s) to carry out the action. At some point, omit Simon Says and do just a non-verbal cue (e.g. yawning). If any player(s) do the action, then they are out. Take turns at being the leader.</p>
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<p style="text-align: center;">Mirror Game</p> 	<p>You will need 2+ people for this game. One person in the pair is the mirror and has to copy all the actions that the other person makes. Take turns so everyone has a turn initiating and copying.</p>
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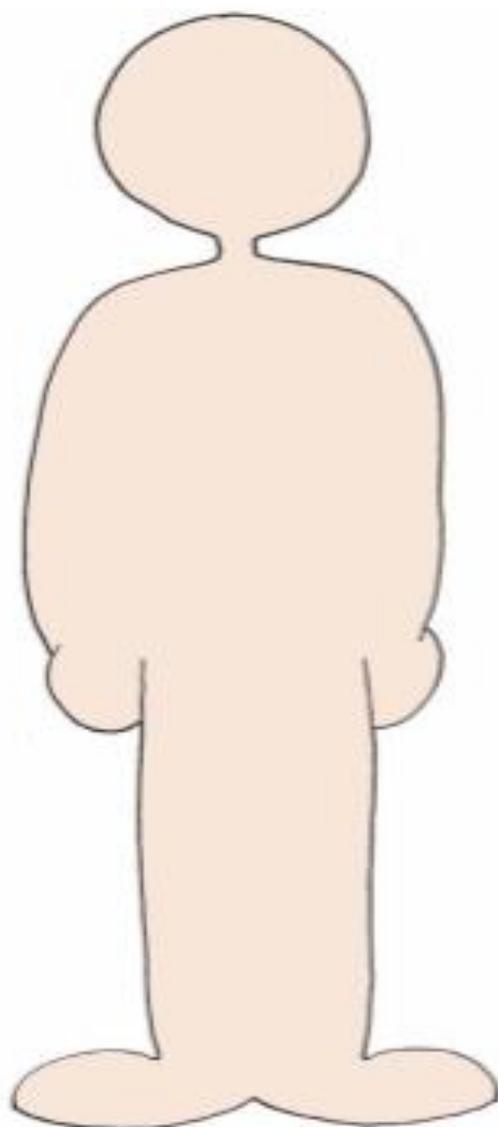


Activity 2: Building bodies

Worksheet

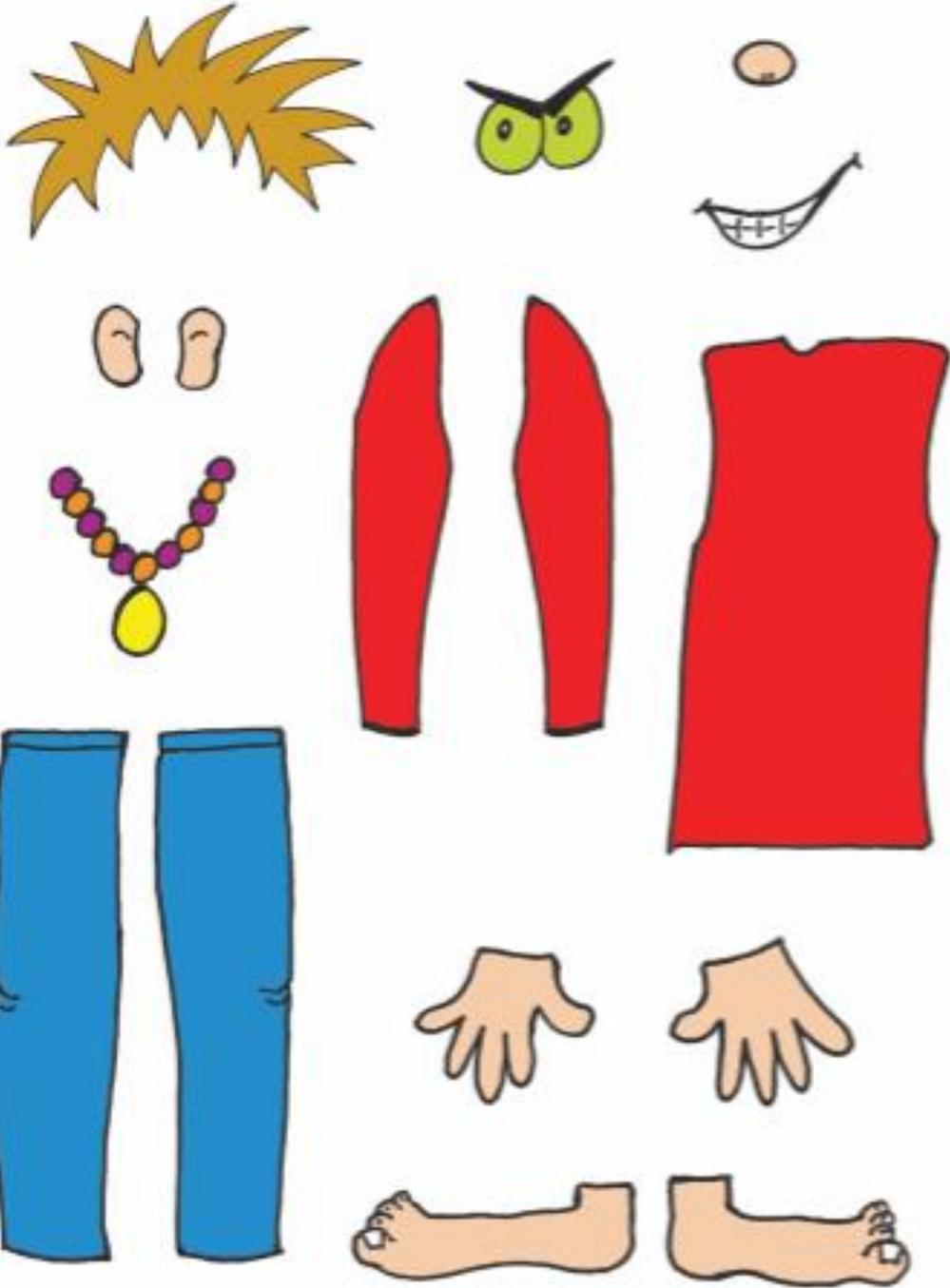
Name _____ Date _____

Which parts of our body do we communicate with? Can you identify them? You could add hair, eyes and clothes if you want.





 Activity 2: Building bodies



References:

<https://positivepsychology.com/communication-activities-adults-students/> Accessed on 31/06/2020

<https://study.com/academy/lesson/body-language-activities-for-kids.html> Accessed on 31/06/2020

<https://www.amazon.co.uk/Talkabout-Children-Developing-Awareness-Esteem/dp/0863888275>
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