

Interpreting Body Language

Learning Objective: To help children learn about the messages our bodies give others.

Skill: Emotional communication, self-awareness

Ask the group to talk about what body language is.

Tell them: People can communicate messages to each other without using a single word. In fact, people are almost always doing this without realizing it. Even when they are talking, their bodies are “saying” things too.

Body language is the unspoken communication that goes on in every encounter with another human being. It gives you clues to someone’s true feelings toward you and to how well your words are being received.

Experts say that 93 percent of what you are communicating comes from your body language, and only 7 percent from your words.

Distribute **Interpreting Body Language** Activity Sheet. Discuss the way the body language of each child communicates what he or she is feeling.

In a Charades type of game, children can take turns striking poses and using their bodies and facial expressions to communicate feelings, while the others guess what they are acting out.

Name _____ Date _____

What does the body language of these children tell you about how they feel?



This child feels _____



This child feels _____



This child feels _____



This child feels _____