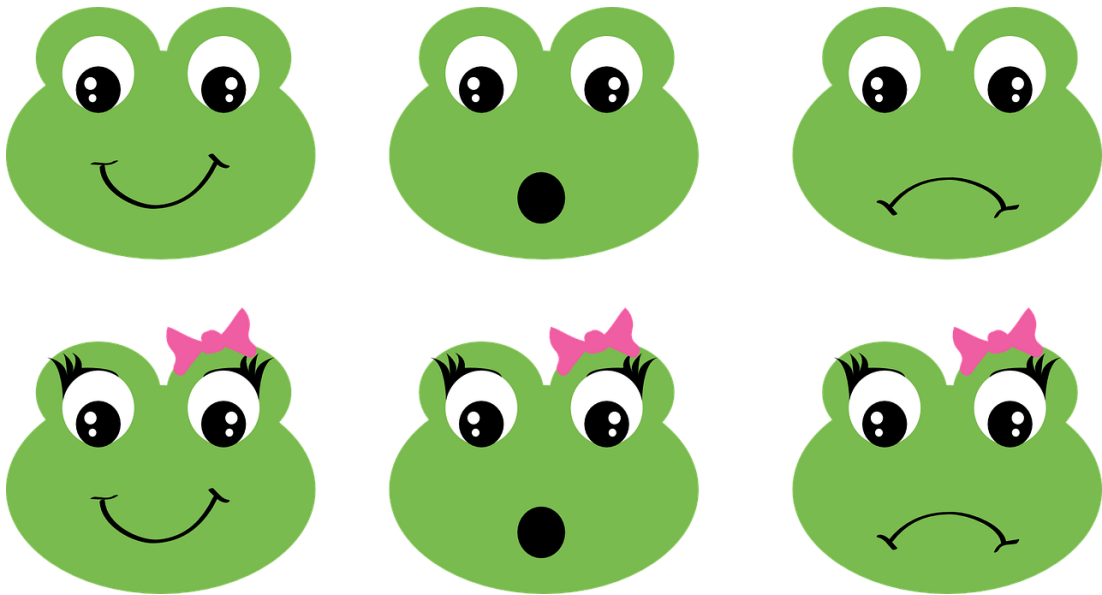


BODY LANGUAGE CHARADES



How to play

When you're communicating anything, it is important that your message is clear and kind. Not only do you need to be able to communicate using body language, but you need to be able to interpret it and make sense of

what others are communicating as well. This 'act it out' activity will help you get really good at this body language business!

1. Parents start off by sharing an example of body language that you think conveys a strong message. What do you do when you encounter negative body language?
2. Play a game of 'Body Language Charades'. One person is the communicator and acts out a feeling (without using words), while the other person is the interpreter and guesses what that feeling is. Take turns in switching roles and use the body language prompt cards on the Body Language Charades Activity Sheet shown by clicking the link below.

[LINK TO EMOTIONS / BODY LANGUAGE HERE](https://urstrong.com/wp-content/uploads/2018/12/P022_Body-Language-Charades.pdf)

https://urstrong.com/wp-content/uploads/2018/12/P022_Body-Language-Charades.pdf

OUTCOMES:

Your child will learn how to use positive, effective body language to better communicate their thoughts and feelings to the people around them!

Becoming aware of our own body language can help us to make sure that the messages that we are sending to our friends and the ways that we are communicating are effective, clear and kind. True Friendship Ninjas are very attuned to the body language of those around them and are also aware of their own body language.