



Mental Health

Activity 1: Body Language

Overview

In this activity students will be confronted with the fact that we can tell a lot about a person by observing their body language, and that we are often unaware that our body “speaks”. *Suggested length: 60 minutes*

Materials

- Note cards
- Hat or basket
- Notebooks and pencils
- Posters and markers

Instructions

1. Ask the students to separate in groups of up to eight.
2. Ask the students to write on note cards eight activities that are easily acted out, for example:
 - greeting someone you like
 - greeting someone you dislike
 - leaving a room where you just got praised
 - leaving a room where you just got bullied, etc.

Tell them to write one activity per note card, fold it up, and put all the cards in a hat or basket.

3. Each student picks an activity card without showing it to the rest of the group.
4. Without talking or making any noise, each student in turn acts out the activity on their note card, making sure to use their body language to illustrate how they are feeling.

Note: the students should not be acting out the actual activity, but the after effect of the activity.

5. The group guesses the scenario and the way the person felt as a result of what just happened.

Discussion

Students remain in their groups and moderated by a mentor or teacher discuss the following questions:

- Do you agree with the statement that body language tells you a lot about a person?
- If ten people walk by, would you be able to pick who has the lowest self-esteem out of the group? How about who has the highest self-esteem?
- What is the difference between people’s body language?
- What is the result of having positive body language?
- What is the result of having negative body language?



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- How can you distinguish between body language and habits (like leg shaking)?

Assessment

Ask the students to create an informative story on the topic and to present it to the class in the form of a short skit.