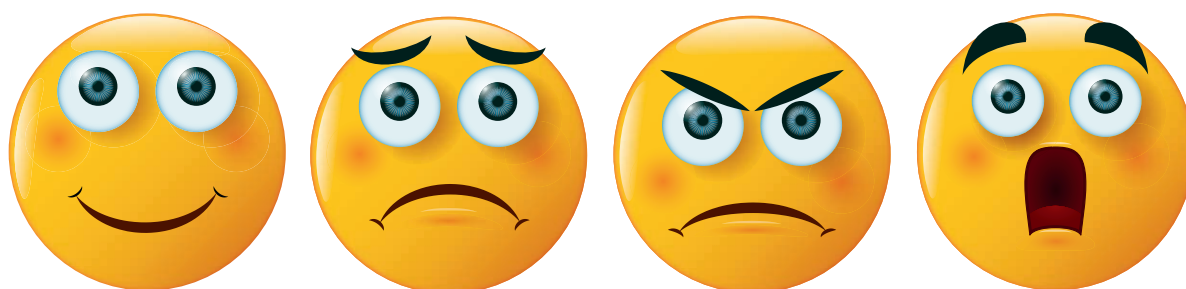



# Session 3.2: Recognising feelings through body language

## Activity sheet 3.2.1a: Body language 1

We can tell what someone is feeling by their faces and by their voices.



We can also tell how they are feeling through their bodies.

	<p>Make your body look angry. You could clench your fists or point your finger. You could clench your teeth.</p>
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## Activity sheet 3.2.1b: Body language 2



1. Make your body look sad. You could look down and your shoulders could slump. You could make your mouth droop.



2. Make your body look scared. You could open your eyes and your mouth wide. You could hold your hands in front of you.



3. Make your body look happy. Your face could look up and you could smile. Your arms could be relaxed.

## Activity sheet 3.2.2: Getting a present

You will need a box that is decorated to look like a present.



Pass the present to someone in the group. They open the box. They have to imagine a present inside. It might be a present they want or they may not be happy about it. They have to role-play a feeling about the pretend present inside. They may be happy with the present. They may be angry or sad or scared. The rest of the group have to guess what they are feeling.

You might like to add other feelings such as disappointed, surprised or shocked.

You might say something when you get the present. Our words and the way we say them show what we are feeling.

## Activity sheet 3.2.3: How do I feel?

Talk about how actors show feelings when they are in a play or film or television programme.

Then you can act. Try acting the following with different feelings:

- digging the garden
- making a cake
- going for a walk
- washing up
- playing football
- playing a piano
- making a bed
- sweeping the floor.

Make sure your face shows the feeling. Make sure your body shows the feeling. Make sure your voice shows the feeling.

You can ask others to guess the feeling.