**LESSON: *I Can Read Body Language***

**OUTLINE**

1. Introduce the topic of reading body language and explain that it’s a way to **communicate** without using words
2. Talk about the 4 things we need to look at in order to read body language: **Facial Expressions; Posture; Gestures; Stance. Explain that these are also things we need to be aware of in ourselves to understand the message we’re sending to others**
3. Talk about eye contact and why it’s important (to show attention and interest in the other person.) Explain that some people aren’t always comfortable looking at someone’s eyes, so they might find it easier to look at the person’s forehead instead
4. Discuss **Facial Expressions** – what the eyes and mouth are **communicating**. View the different pictures that depict boredom, happiness, anger, and sadness
5. Discuss **Posture** – what the head, back and shoulders are **communicating**. View the different pictures that depict sadness/depression, confidence
6. Discuss **Gestures** – what the hands are **communicating.** View the different pictures that depict thumbs up/down, handshake, okay, wave ‘hi’ and ‘bye’
7. Discuss **Stance** – what the arms and legs are **communicating.** View the different pictures and have students imitate each stance, talking about how standing that way makes them feel.
8. Review the 4 things we need to look at in order to read body language.
9. So what do YOU think? discussion question

**MATERIALS NEEDED:**

* Facilitator’s Guide
* Computer & Projector
* Activity Sheet(s) & materials
* Magnet Cards
1. Give out the magnet cards