

What messages
do our bodies
send?

Body Language Lesson



LANGUAGE

MATERIALS: Pix
YouTube clip
Pick cards o

by
ness
age.

VIORS:
and written
ills and listening
positive and
relationships with other

E:
play Pixar "For the Birds"
(<https://www.youtube.com/watch?v=7G8F8F8F8F8>)

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- fe

OUTLINE CONTINUED:

- In small groups, students play Fan-N-Pick (see at)
 - Select task cards most applicable to the specific group of students

OR

- Use all of the task cards in one of the following: "Trade", Concentric Circles, or Number

- Whole group, discuss the questions

- Why is it important to think
- Why is it important to understand
- Does our body language show our feeling?

- What happens if you say one thing but not the other?

- Extension activity if

Group lists emotions (happy, sad, angry, etc.).

select an emotion

Students

joyfully, excitedly

guesses the emotion

EMO

Angry

Sad

Worried

Bored

Annoyed

Disappointed

Proud

Confident

Happy

Excited

Exe

Jump

Paint

Climb

Fan-N-Pick

Directions

- Place students in groups of 4. If a group of 3 is needed, combine the 'fan' and 'respond' jobs.
- Students sit in a square with a job board placed between them.
- Students complete their jobs in order:
 - Person A fans the cards out and directs "Pick a card, any card!"
 - Person B picks a card and reads it aloud. (If they pull "reverse", the roles move in the opposite direction)
 - Person C answers the question.
 - Person D responds to Person C's answer with "I agree because..." or "I disagree because..."
- Rotate the jobs board and continue.

Body
Language

Body
Language

Body
Language

Body
Language


Reverse!

Reverse!


Reverse!

Reverse!


Why is it
important to
think about our
own body
language?




Does our body
language
always match
how we are
thinking and
feeling?



Why is it
important to
understand
other peoples'
body
language?



What happens if
you only pay
attention to the
words someone
says and not
their body
language?



Practice body language that would send the message of being confident.

Name two things you would see in someone's body or face if they were mad.

What emotions might someone have if they have stiff or tight arms and hands? What if their arms and hands are loose?

Name a cartoon on TV or movie that sends a message with their body language or facial expressions.

What look does someone have when they're angry, who sends a message with their body language or facial expressions?

Which one of these is NOT sending the message of:

Shy/Worried?

- STANDING
- BITING

Which one of these is NOT sending the message of:

Sad/Disappointed?

- SHOULDERS SLUMPED
- SMILING
- POUTING BOTTOM LIP
- MAYBE CRYING

Which one of these is NOT sending the message of:

Proud?

- CHEST OUT
- SHOULDERS BACK
- HEAD DOWN
- SMILING

Which one of these is NOT sending the message of:

Embarrassed?

- BLUSHING FACE
- HANDS ON HIPS
- LOOKING AWAY
- COVERING

Shy?

• OR AT SIDES
• CEILING OR

• THEIR HEAD
• AT CLOCK

Which one of these is NOT sending the message of:

Interested?

- FACIAL
- NODDING
- GIVING EYE

- H
- LIP
- NOD
- RAISED
- EYEBROW

What message
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language sending?

What
might
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or
feeling?



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Person A
Fan the cards out.

Person B
Pick a card. Read
the situation out
loud.

Person D
State whether you
agree or disagree
and why.

Person C
Answer the
question.

Person B

Pick a card. Read
the situation out
loud.

Person A

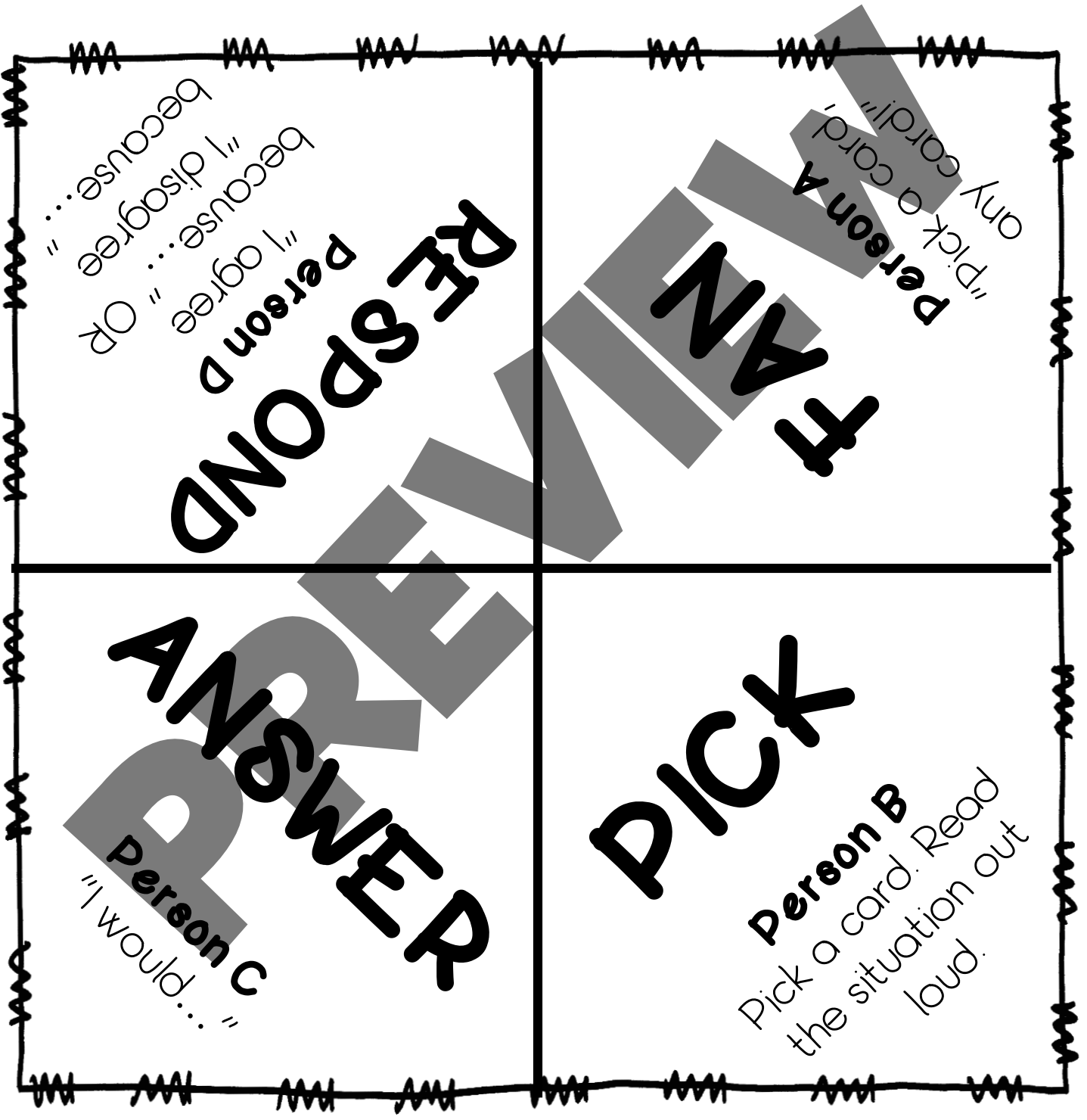
For the cards out.

Person C

Answer the
question.

Person D

State whether you
agree or disagree
and why.



FAN

Person A

"Pick a card,
any card!"

PICK

Person B

Pick a card. Read
the situation out
loud.

RESPOND

Person D

"I agree
because..." OR
"I disagree
because..."

ANSWER

Person C

"I would..."

THE Responsive COUNSELOR



Education

B.A. from Michigan State University
Psychology and Anthropology

M.S. from Vanderbilt University
Community, Research, and Action

M.Ed. From Vanderbilt University
Human Development Counseling:
School Counseling and
Clinical Mental Health

Experience

I started my post-grad career as a school-based therapist before becoming an elementary school counselor. Social and emotional learning in youth is my passion, whether through large group prevention, individual intervention, or parent and teacher education! I have been at my current school for 5 years now, providing a comprehensive school counseling program.

Philosophy

- I only sell resources that I create for my own students and use first with them!
- All of my work is rooted in evidence-based instructional, SEL, and/or therapeutic practices.
- My aim is to make things **effective** and **engaging** for wiggly learners and use wording accessible to underserved and EL populations.

Connect With Me!

