

# Communication

Communication can take many forms. One of the most important is body language. Sometimes the clues which we receive from a person's body language can tell us a great deal about what that person is really thinking or feeling. People often read body language without even knowing about it.

## Activity

Print and cut out the cards below, and offer them face down and randomly to the group. Each card carries a mood, emotion, or feeling which the group member will read but keep private from the others.

In turn the group members must accurately portray their given mood or emotion without words and using only body language.

When the activity is complete, discuss the results. Although the actions of the group members may be exaggerated in order to portray these emotions, some of them may be wrongly identified. Are certain emotions harder to recognise, or are they easier to hide or misread? Do some people find it difficult to show their emotions or moods? Maybe some of the group feel uncomfortable playing this 'game' in front of the other group members. Is self awareness another barrier to communication? When can self awareness be a good thing, and when can it be bad? Can age cause barriers to body language? The very young may not have the experience to express all of their emotions this way, whilst older generations or those with disabilities may not be physically able to.

Interested

Bored

Aggressive

Relaxed

Tired

Frightened

Sad

Confused

Distressed

Surprised

Cold

Hungry