









## **Body language**

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|---|---|
|    | <u>Time frame:</u> ~ 15 min   |
|    | <u>Location:</u> in- or outdoors  |
|    | <u>Participants:</u> 6 - 12   |
|    | <u>Material:</u> -  |
|    | <p><u>Procedure:</u><br/>         The participants walk through the room. The trainer gives instructions for gestures and postures and all participants show these gestures.<br/>         The trainer asks one person to "freeze" the gesture; the group look at the frozen gesture and talks about the characteristics of the gesture.</p> <p>possible gestures and postures are:</p> <ul style="list-style-type: none"> <li>- stop moving, fold one's arms and gaze strictly at another person</li> <li>- walk around with long steps, swing the arms</li> <li>- walk around with little, quick steps, like in a hurry</li> <li>- walk slowly with hanging arms and shoulders, head is hanging</li> <li>- look down to the floor and step from one foot to the other</li> </ul> |
|  | <p><u>Goal / purpose:</u><br/>         importance of body language; realise and identify body language</p>  |
|  | <p><u>Questions for discussion:</u></p> <ul style="list-style-type: none"> <li>- what does the frozen gesture explain on the persons mood?</li> <li>- how do the frozen person feel?</li> </ul>   |
|  | <p><u>Source:</u><br/>         According to<br/>         Jugert, Rehder, Notz &amp; Petermann (2006). <i>Fit for life. Module und Arbeitsblätter zum Training sozialer Kompetenz für Jugendliche</i>. Weinheim: Juventa.</p>  |