



# Express Myself - Skills Builder

## Communicate Stage 4



### Actions Speak Louder than Words

Bodies speak a language all of their own. Find out how to read it, so you can know what someone's thinking even when they're not speaking. Understand body language and alter body language to show your feelings, and communicate using body language and facial expressions

Brainstorm different emotions - excited, tired, lonely, etc. Create a mind map of all your ideas.

Practice showing some of these emotions to someone at home using either body language or facial expressions. Can they guess the emotion?

Thinking about what you have done so far, write down your answers to these questions:

- a - why is body language important?
- b - why is it sometimes important to keep your body language and facial expressions neutral? Can you think of times when this could be important?
- c - Have you ever been in a situation where a person's body language said one thing, but their words said another thing?:
  - i. How did that feel?
  - ii. Did it change how you felt about that person at that time?



### Bit of fun - Edible Angels

You will need:

- Marshmallow
- Malteser
- 2 White Chocolate Buttons
- A few Chocolate Buttons melted in the microwave.

Method

- Dip the Malteser in the melted chocolate and place on the narrower end of the marshmallow
- If you are using giant choc buttons stick one on the back of the marshmallow for the wings. Or 2 small choc buttons.
- Stick 1 choc button on the Malteser for the halo.



Post your work Facebook so that we can let your leaders know you took part!