

Children's Connection Curriculum

Session Topic: Interactions (Body Language)

Developmental Level: Elementary or Middle School

Purpose: To teach children the importance of nonverbal communication.

Materials Needed: Body Language handout and list of scenarios

Description of Session: Go over Body Language handout. Use body language and listening skills to role-play some scenarios that may come up in the students day to day. Have the group give feedback after each role play.

Discussion Questions: How easy was it to role play certain body language signals given an emotion? How easy was it to read it? How did you feel when confronted with a person with such emotion? For example when someone was angry, did you feel concerned or potentially angry as well? Did your mood change as a result of the other person's strong emotions? When someone was depressed, did you start to feel depressed as well? How can you control your emotions to avoid affecting other's emotions or being affected by their negative emotions?

Reference: Group counseling for School Counselors: A Practical Guide (2008) Walch Education