

## Body Language Scenario

A series of "*emotion cards*" with the following emotions written on them:

- Confident
  - Happy
  - Angry
  - Nervous
  - Stressed
  - Chatty
  - Bored
  - Frustrated
  - Cynical
  - Victimized
  - Depressed
- 
- Ask delegates to sit on one side of the room so if someone is standing on the other side, they can all see him.
  - Ask for a volunteer.
  - Give an "*emotion card*" to the volunteer.
  - Ask him to leave the room and then come back with the body language that represents the emotion written on the card, effectively role playing it.
  - When the volunteer is back in the room, the rest of the group should guess how the volunteer feels by reading his body language. Most often, people don't have any problem reading the body language and the emotions. They are also quick to respond in the same way and feel the same.
  - Get the volunteer to confirm the emotion and discuss accordingly.
  - Ask for another volunteer, give another card and repeat the process.
  - Continue until everyone had a chance to role play a body language signal.