Expression, gesture and interpretation

Activities

Find frozen poses and gestures to communicate the following emotions:

- boredom
- victory
- nervousness
- confusion.

Act out the following statements silently and finish in a frozen position:

- come here quickly
- I don’t know
- get away from me
- something isn’t right
- I think I’m lost
- I’m not quite sure but I think I smell gas.

Find a frozen position to communicate the following characters in the following situations:

- a young child looking at another child’s toy
- a scientist making an amazing breakthrough in the laboratory
- an Olympic athlete at the end of a sprint realising he or she has just missed out on first place
- a scuba diver seeing a shark in the distance
- a shop assistant caught stealing money by the manager
- a teenager pretending to like a disappointing birthday present.

Theory

1. In your own words, write a definition of ‘body language’.

2. Draw or describe what your body language may be if you were feeling embarrassed.

3. Draw or describe what your body and face may do if you were feeling defensive.

4. When you want to impress someone, what body language do you use?

5. Can you think of any type of body language that is expressed by different cultures?