

# **Non Verbal Communication (Body Language)**

## **Role Play Words**

In the Peer Mediation Workbook, page M2, bottom section under TRAINING, the second item is an exercise on non verbal communication - body language. The words below may be cut and pasted onto 3 X5 notecards for use by students whom you have selected to act out each word in "charades" fashion, in front of the large group. The activity is instructive as the rest of the students try to "read" via body posture and silent facial expressions what is on each student's card (hidden from them). The activity is a break from worksheet-type stuff, gets kids up and about, and gives them an awareness of another communication skill that they will want to have as effective mediators. This section of training opens with one trainer walking into the room and suddenly slamming a book on the table - all the while greeting MITs with a smile and, "Isn't it a fine day?!" The point being that: What we say does not always reflect what we feel deep down inside. That deep down thing may be driving our conflict.

Angry

Irritated

Sad

Bored

Guilty

Excited

Snobby

Worried

Hurt

Scared