Body Language Charades
You may not always be aware of the face you are making or the gestures and posture you are using. Facial expressions and body language can be hard to understand and that’s OK, but with a little practice and some feedback, you will quickly learn the ins and outs of nonverbal communication. Here’s how this game of charades works:

Step 1
Pick a partner, such as your mom, dad, brother, sister, friend, or classmate.

Step 2
Choose an emotion from the emotions list below. To “get in character” think of a memory or experience when you felt this way, then act out that emotion using facial expressions and/or body movements. Remember that you can use your eyes, eyebrows, mouth, nose, shoulders, arms, hands, feet, legs, and more to act out the emotion. If your partner is blind or low vision, describe your expressions and gestures as you make them.

Here are some examples:
- You choose “happy” from the list and think about the birthday when you got the very best present ever! You put a huge smile on your face and lift your hands over your head in a cheering motion. Can your partner guess that you are happy?
- You choose “angry” from the list and think about when you wanted to go to the park but it was pouring rain outside. You cross your arms, pout your lips, furrow your eyebrows, and stomp your feet. Can your partner guess that you are angry?
- You choose “sad” from the list and think about when your favorite toy got broken. You slump your shoulders, drop your head, and put a big frown on your face. Can your partner guess that you are sad?

Emotions List:
Nervous
Annoyed
Embarrassed
Sad
Sick
Angry
Cheery
Frustrated
Shocked
Gloomy
Excited
Afraid
Curious
Impatient
Happy
Grumpy
Silly
Confused

Step 3
Ask your partner to guess the emotion you acted out. If they guessed wrong, ask them to show you how they would act out that emotion. Ask them to describe the expressions, gestures, and body language they associate with that emotion and why.

Step 4
If your partner guessed correctly, pick another emotion from the list and act it out. Try going through the entire list!