Crying Tears of Joy

In this activity students will list and define nonverbal ways to communicate, send messages, and/or respond. Students will demonstrate nonverbal communication through role-play and will describe personal interpretations of nonverbal communication in written form.

MATERIALS/SUPPLIES
“Nonverbal Communication” worksheet, pen/pencil

ACTIVITY
Distribute the “Nonverbal Communication” worksheets.

Discuss that non verbal communications a method of communicating your thoughts and feelings to another person without really saying anything. Example: A person might smile and this could communicate that she/he is happy, just as easily as saying, “I’m happy.”

Have students randomly “draw” one of the communicators listed on the worksheet and role-play them for the class.

Have each student write down his or her interpretation of the role-playing.

List each interpretation on the board.

Discuss similarities and differences in the interpretation.

Discuss how we sometimes:
Misinterpret the nonverbal cues
Send ambiguous messages (smile as we say “No, I’m not angry” when we are actually angry or hurt)
Smile when we feel like crying
Cry when we feel joy

Discuss the meaning of “congruence” – when our outward behavior matches our inward feelings.

EVALUATION
Students will be evaluated on demonstration of nonverbal communication through role-play and description of personal interpretation of nonverbal communication in written form.
# Nonverbal Communication

Name_____________________________

<table>
<thead>
<tr>
<th>Communicators</th>
<th>What they mean to you</th>
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<tbody>
<tr>
<td>1. Smile</td>
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<td>2. Pull</td>
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<td>3. Push</td>
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<td>4. Stretch</td>
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<td>5. Frown</td>
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<td>6. Hold another person</td>
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<td>7. Wave</td>
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<td>8. Look into another person’s eyes</td>
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<td>9. Touch another person</td>
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<td>10. Stand close to another person</td>
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<td>11. Avoid eye contact</td>
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<td>12. Winking</td>
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<td>13. Sit with arms crossed in front of you</td>
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<td>14. Shake hands</td>
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<td>15. Yawn</td>
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<td>16. Stick tongue out at another person</td>
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<td>17. Scratch yourself</td>
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<td>18. Show of tears on face</td>
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<tr>
<td>19. Shake head up and down</td>
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<tr>
<td>20. Shake head side to side</td>
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</tbody>
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