

## Oh, Puh-leeeeeze!

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The purpose of this activity is to help you gain a better understanding of how non-verbal communication (both intended and unintended) can be interpreted by others...and the impact and effect of this form of communication.

Time: 20 minutes

Materials:

Activity Words – Oh, Puh-leeeeeze!

Instructions:

Have you ever gotten caught rolling your eyes at a teacher, parent, co-worker, or supervisor? Whether you rolled your eyes intentionally or didn't even realize you did it, how do you think your action was interpreted?

We have already discussed that there are two types of communication, verbal and non-verbal. What people SEE is often more memorable than what they read or hear. Body language includes facial expressions, eye behavior, gestures, posture, and more. Body language easily expresses your emotions, feelings, and attitudes. It can even contradict what you say verbally!

People in different cultures may understand some global non-verbal expressions, while other expressions may be culture specific. In the Japanese culture, it is considered disrespectful to stare into another person's eyes, particularly those of a person who is senior to you because of age or status.

Each person in the group will select one term/emotion. Using body language and facial Expressions, demonstrate the emotion to the class. The class in turn will try to determine which emotion you are depicting.