

Drama Therapy Exercise Handout: Body Language Exploration

Exercise Title:

Speaking Without Words: Understanding and Using Body Language

Objective:

To enhance awareness of non-verbal cues and improve the ability to communicate and interpret feelings and intentions through body language.

Materials Needed:

Open space for movement, comfortable clothing, mirrors (optional).

Warm-Up: Mirror Exercise

- **Purpose:**

To attune participants to subtle body movements and the concept of non-verbal mirroring.

- **Activity:**

Pair up participants. One person leads with movements while the other mirrors them as accurately as possible without speaking. After 5 minutes, switch roles.

Activity 1: Emotion Charades

- **Purpose:**

To explore how emotions are expressed and perceived through body language.

- **Activity:**

Write down a range of emotions on slips of paper (e.g., joy, anger, sadness, surprise). Participants draw an emotion and express it using only body language. The rest of the group guesses the emotion. Discuss the experience and what specific body cues were most indicative of each emotion.

Activity 2: The Silent Scene

- **Purpose:**

To deepen understanding of non-verbal communication in storytelling.

- **Activity:**

Divide participants into small groups. Each group creates a short scene based on a given theme (e.g., a reunion, a conflict, a celebration) without using words, only body language. After performing, discuss the story each group told and how body language conveyed the narrative.

Activity 3: Body Language Sculpting

- **Purpose:**

To reflect on personal body language and its impact on self-expression and communication.

- **Activity:**

Participants think of a recent interaction they had and sculpt their body to represent how they felt during that interaction. Other participants reflect on what they perceive and share feedback. The "sculptor" then shares the context of their body sculpture.

Reflection and Discussion:

- **Questions for Reflection:**

1. What did you learn about your own body language and how it communicates your feelings and intentions?

2. How did your perception of others' non-verbal cues change through these exercises?

3. Can you identify any patterns in your body language that you would like to change or enhance for better communication?

Homework: Body Language Diary

- **Purpose:**

To encourage ongoing awareness and adjustment of body language in daily interactions.

- **Activity:**

For one week, keep a diary of moments when you were particularly aware of body language—yours or others'. Note the context, the body language observed, and how it influenced the interaction. Reflect on this in the next session.