

Drama Therapy Exercises Handout

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

Materials/supplies/environment 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.

Procedure:

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

Activity 1: Emotion charades

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

Procedure:

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

Activity 2: Silent scene

Purpose: To deepen understanding of non-verbal communication in storytelling.

Procedure:

1. Divide participants into small groups.
2. 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.
3. 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. This can be done individually or in groups.

Procedure:

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

Reflection and discussion

Each participant should try to answer the following questions:

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

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.