

Lesson 5 — Body Language

Subject 4 — Non-Verbal Communication: Body Language

Objective: Students will read what a person's body is saying and position their own body so it shows that they are listening and interested.

Duration: 45 minutes

Materials:

- “Four Body Checks” wall poster
- Listening / Not Listening photo sort cards
- Arm's-length measuring practice space
- Student sorting sheet
- Open space

LESSON SEQUENCE

Phase	What Happens
Warm-Up / Hook 5 min	Ask a student to tell you about his morning. While he talks, turn your body away, fold your arms, and look at the wall. Stop and ask him how that felt. Ask the group what your body was saying even though you never said a word. Repeat, this time facing him properly, and ask what changed.
Direct Instruction / Modelling 10 min	Teach the four body checks from the poster: Check 1 — Am I facing the person? Shoulders and feet pointed towards him. Check 2 — Are my arms relaxed? Folded arms and hands in pockets say “I am closed.” Check 3 — Am I about one arm's length away? Not on top of him, not across the room. Check 4 — Is my body still? Rocking, spinning, and turning away tell the person I am not with him. Demonstrate each one wrong, then right, with a volunteer. Have the group call out which check is broken. Teach the reading side too: when the other person turns away, backs up, or looks past you, his body is telling you the conversation is finished.
Guided Practice 12 min	Strike a pose — bored, interested, uncomfortable, in a rush — and have the group read your body and explain the clues. Then students pose for each other in pairs while the group reads them. Practise arm's-length distance physically: partners walk towards each other and stop at the right spot.
Independent Practice 12 min	Students sort photo cards into Listening and Not Listening and write which check is missing on each Not Listening card.



Phase	What Happens
	Then each student has a two-minute conversation with a partner while a third student scores the four checks.
Wrap-Up & Review <i>6 min</i>	Say the four checks together as a group. Each student does a self-check: which of the four is hardest for him? Set the goal: face the person you are talking to, all day.

GAMES

Statue Reading

One student freezes in a pose. The group reads the body and guesses the situation — waiting, bored, upset, ready to leave. The student says whether they got it.

Arm's Length Walk

Students walk slowly towards a partner and stop where the distance feels right. Measure with an actual arm. Do it again with a staff member — the distance is usually different.

Body Only

One student acts out a feeling with his body while his face stays neutral or covered. The group guesses from the body alone.

WHAT THE TEACHER CAN SAY

- “Point your shoulders at him.”
- “Check your four — which one is missing?”
- “Take one step back. That is closer than an arm's length.”
- “Look at his body — what is it telling you?”
- “Your body is showing him you are listening. Well done.”

WHAT TO LOOK FOR

- Student turns to face the speaker without being told
- Student keeps a comfortable distance
- Student keeps his body reasonably still during a conversation
- Student notices when the other person's body signals the conversation is over

SUPPORTS AND ADAPTATIONS

- Use a floor marker or tape line to make arm's length concrete
- For students who need movement, allow a fidget in the hand rather than requiring a fully still body
- Use a silent hand signal to remind a student to face the speaker instead of saying it out loud
- Video or photograph the student with permission so he can see his own body language
- Teach one check at a time for students who cannot manage all four

