**Non-Verbal Communication**

**Emotions Charades**

**Directions:** *For this activity, individuals can work in groups of 2 or more. Each person will choose a card to act out, for the rest of their group members to guess. This must be done by using facial expressions and body language— without talking! Once the card has been acted out, members of the group discuss the emotion(s) they believe to be on the card.*

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| --- | --- |
| Anger | Sadness |
| Boredom | Joy |
| Disgust | Fear |
| Surprise | Frustration |
| Calm/Relaxed | Disappointment |
| Love | Envious/Jealous |