

Learning Objective: To teach children that their appearance sends a nonverbal message to others

Skill: Emotional communication, self-awareness

Begin by telling the group to look at the clothes that they are wearing. Ask them:

What are some of the reasons that you picked out the clothes you are wearing today? Sometimes, there are practical reasons: you have gym class or the weather forecast predicted rain later. Maybe you chose these particular clothes because you think that what you wear is important to other people.

How people look—their clothes, their hair, their jewelry, and even how they groom themselves—sends a message to other people.

Have the group brainstorm what they have observed about the following people's appearances, and write their observations on the board.

- A businesswoman
- A policeman
- A teacher
- A judge
- A construction worker
- A waiter
- A popular child at school

Then, ask them to talk about what kind of messages each person's appearance gives to others.