

Learning Objective: To teach children the meaning and messages of body posture

Skill: Emotional communication, self-awareness

Tell the group:

Your body posture can tell a lot about the way you feel in a certain situation. Standing straight might mean you feel confident or want to show respect to the other person; it could also mean you are upset or nervous. If you are slouching, your posture might tell the other person that you really don't care about what he is saying. It could also mean that you are feeling very comfortable with the person or situation, and that's why you are sitting or standing in a relaxed position.

Posture can give different messages depending on where you are. For example, slouching in your seat during class would be a sign that you were not interested or serious about your work. Slouching while you are watching TV or reading a book might just mean you are relaxed.

Have the group take turns deciding what someone's posture should be in the following situations. When they give an answer, ask them to demonstrate that posture, and tell why they think it's important to stand or sit that way. Ask them to think of additional examples.

- Listening to your teacher
- Doing your homework
- Reading
- Watching TV
- Talking with a friend on the phone
- Speaking with someone you've just met
- Eating dinner
- Waiting in the lunchroom line
- In the principal's office