



BODY LANGUAGE



Emotions are instinctive and it's interesting to see how our bodies physically react to them. Test your drama skills and act out different emotions to see what impact they have on your body!

Watch yourself in the mirror and think about how these emotions affect you both on the outside and the inside. For example, if you are scared, you might scrunch up and make yourself smaller, and your heart might start beating more quickly.

Try out the emotions below, taking note of how your body changes as you act out each one. Think about **why** your body reacts in this way. For example, if you make yourself smaller when you are scared it might be to protect yourself and to be less of a target. If your heart beats faster it could be that your body is getting into 'fight or flight' mode; you're either going to fight the danger or run away from it!

Animals pick up a lot of information from body language, or reading each other's body movements, so once you have mastered the emotions in the mirror, why not perform them in front of a friend or family member and see if they can guess which emotion you are acting out?

Have fun!



Anger



Happiness



Sadness



Fear



Disgust



Love

What did your body do? Why? Did you friend/family guess correctly?