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## Emotional Workshop:

# The Power of Nonverbal Communication

### Objective:

- the participants will be able to identify and express emotions through nonverbal language
- the participants reflect on their own ways of communicating and evaluate if their body language fits their intentions

### Key Components:

- Understanding the impact of nonverbal communication
- recognizing emotions through body language
- reflecting on your own body language
- Practicing positive use of nonverbal cues

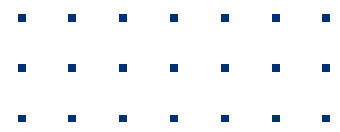
### Duration:

45 minutes



# Workshop:

## The Power of Nonverbal Communication



### Workshop Overview

Over the next 45 minutes, we will learn how nonverbal communication and social-emotional skills can increase your emotional intelligence and improve your relationships. This session is designed to help you understand the importance of nonverbal communication in fostering authenticity, empathy and connection with others. By the end of this workshop, you will know what the components of nonverbal communication are and have practical exercises to understand and interpret nonverbal communication cues, recognize and manage your emotions, and set clear goals for developing your social-emotional skills.

- **Active introduction (10 minutes).** We will intuitively express different moods and emotions nonverbally while also being aware of those around us. We will reflect on the emotional state and the impact of the task. We will discuss the effects on our social-emotional learning.
- **Explanation (5 minutes).** Nonverbal communication is an important skill that plays an important role in fostering interpersonal relationships, empathy, and improving communication. We will differentiate between nonverbal and verbal communication and contextualize the topic.
- **Video (5 minutes).** Nonverbal communication comprises the following components: gestures, facial expressions, eye contact, proxemics, paraverbal communication, and contexts. We examine the effects of individual components using a job

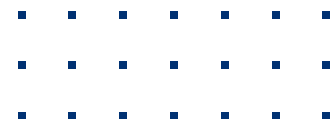
## Workshop:

interview as an example.

- ♦ **Exercises on self-awareness (10 minutes):** We will work in pairs to explore and reflect on our body language and gestures to see if they align with our intentions. Through mirroring and gestures activities, we will aim to gain awareness of our nonverbal communication, identify challenges, and discuss the impact of gestures.
- ♦ **Charades (10 minutes):** In this activity, we will portray different emotions or moods using only our body posture, facial expressions, and gestures, without using words.
- ♦ **Conclusion (5 minutes).** Reflection on the exercises. Summary of the most important points about nonverbal communication and its relevance.

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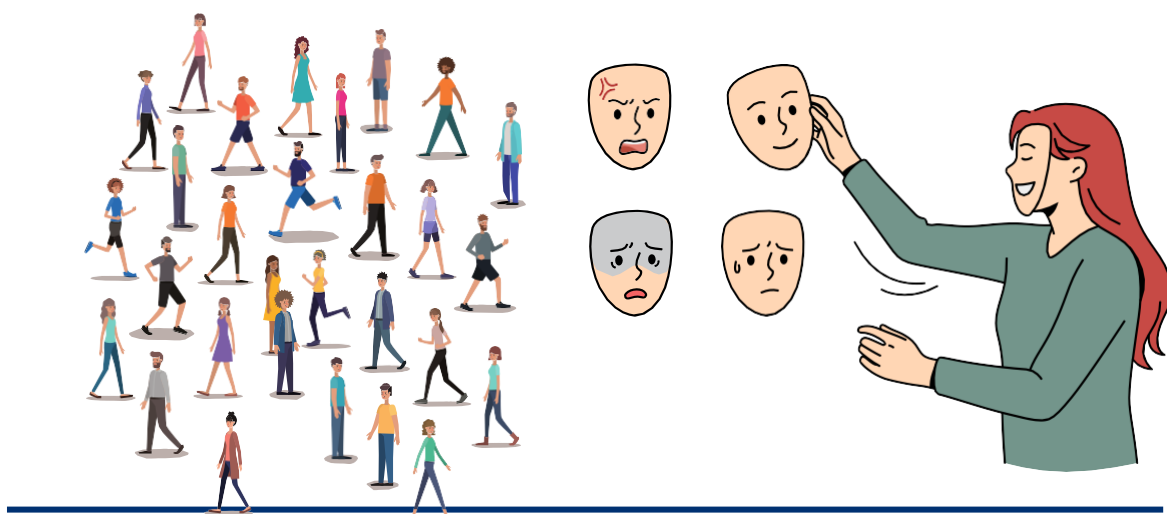
## The Power of Nonverbal Communication



### Active introduction (10 minutes)

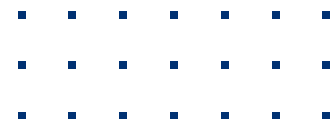
The activity begins with everyone standing up, ready to explore various emotions together. The facilitator will guide you through this engaging journey. Here's what we'll do:

1. **Expression Through Movement:** You'll be expressing a range of emotions using only your facial expressions, gestures, and body language. Keep in mind: no talking during this activity!
2. **Signal and Freeze:** Each time the facilitator gives a signal, everyone will freeze in place. This indicates a change to the next emotion, which will be announced
3. **Random Movement:** As you express each emotion, move around the room randomly, but remember to stay silent and focus on your non-verbal communication.
4. **Reflection:** Afterward, we'll all sit down together and reflect on the experience as a group, discussing what you observed and felt during the exercise.



# Workshop:

## The Power of Nonverbal Communication



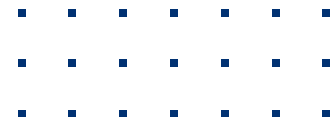
### Explanation (5 minutes)

- Communication is a very important component of SEL (Social-Emotional Learning) and essential for interpersonal relationships.
- Communication includes both verbal and nonverbal communication. "One cannot not communicate" (Watzlawick, 1974). Even when we are not actively speaking, we send signals through our body, consciously or unconsciously.
- When we communicate contradictory signals, Mehrabian's rule states that body language constitutes 55%, tone of voice 38%, and the actual words 7% of the emotional message (Mehrabian, 1971).



# Workshop:

## The Power of Nonverbal Communication



### Video (5 Minutes)

#### Nonverbal communication includes:

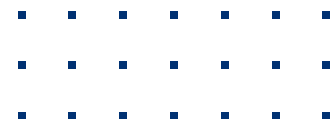
1. Body language, including
  - Posture
  - Gestures
  - Facial expressions
  - Eye contact
2. Paraverbal communication (tone and pace of voice)
3. Proxemics (use of space)
4. Contexts (such as punctuality, attire, etc.)



[Link](#)

# Workshop:

## The Power of Nonverbal Communication



### Exercise on self-awareness (10 minutes)

Let's reflect on our own body language and check, if it aligns with our intentions. Pick a partner.

#### 1. Exercise - Mirroring

One person starts to tell the other for 90 seconds about the activities of their weekend. The partner has to mirror the body language and gesture while listening to the story.

Please switch your roles after 90 seconds.

#### Reflect and discuss with your partner:

- Did you notice anything about your own nonverbal communication?
- What do you find particularly challenging?



#### 2. Exercise - Gestures

Tell each other short funny stories (e.g. something your dog once did or a funny thing that happened at school). First, you tell it without using your arms or any gestures. Afterward, tell it again and try to actively use gestures to support your story.

You have 4 minutes time.

#### Reflect and discuss with your partner:

- Do gestures change how we are perceived by others and how?

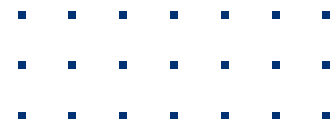


# Workshop:

## The Power of Nonverbal Communication



### Charades (10 minutes)



#### Charades: Pantomime Emotions and Feelings

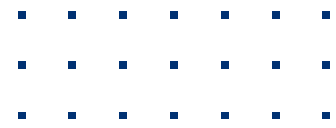
Please remain **respectful** and composed throughout the exercise. When conveying terms, utilize only your nonverbal communication, specifically your body language. While guessing, maintain an appropriate volume.

- The group will be divided into two equal teams.
- A volunteer will start by drawing a term and presenting it.
- If someone guesses the term correctly, their team earns a point. That person then gets to present the next term.
- Please reflect on how you felt while acting out and observing, and emphasize the emotional aspects of communication?



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## The Power of Nonverbal Communication



### Conclusion & Reflection (5 minutes)

#### Discussion of insights and feelings about the exercise.

Reflection on the overall experience.

- How can understanding nonverbal communication help improve interactions and relationships?
- How did it feel to express and interpret emotions solely through body language?
- How did your understanding of social-emotional dynamics influence your perception of the terms conveyed nonverbally?
- How can these skills enhance your Social-Emotional Learning (SEL)?

[LINK](#)

#### Connection to Digital Storytelling:

Discuss how the skills learned can be applied to digital storytelling. Emphasize the importance of understanding the emotions and



perspectives of characters to create compelling stories.

# Workshop:

## The Power of Nonverbal Communication



### Instructions for Teachers

**Objective:** The workshop aims to raise awareness and reflection among the participants about their non-verbal communication and its impact. The participants should be enabled to use non-verbal communication purposefully and appropriately.

**Duration:** 45 minutes

**Materials Needed:**

Laptop, projector and internet for loading and showing the video,  
Charade terms on pieces of paper

### Workshop step by step

#### Step 1. Active introduction (10 minutes)

Welcome the participants warmly and briefly introduce yourself and today's topic. Explain the warm-up and clearly point out the rules. Introduce each new signal with an auditory cue, such as clapping, and announce the next emotion.

Encourage to express these emotions through facial expressions, gestures, and body language. The participants have to show the following emotions:

- Tired
- Confident
- Anxious
- Surprised



## Workshop:

### The Power of Nonverbal Communication

- Angry Sad
- Annoyed, no interest in others Euphoric,
- happy to see each other

To conclude, divide the group into two halves with a hand signal through the middle. Then, one half should act very euphoric, while the other half appears annoyed.

The following **reflection questions** aim to encourage participants to reflect on their experience during the activity, helping them to understand the significance and impact of nonverbal communication.

- Which emotion was easiest for you to express and why?
- Which emotion felt the most enjoyable to act out?
- What impact does it have when another person does not share the same emotion as you?
- How do you think nonverbal communication can impact our daily interactions and relationships?

#### Step 2. Explanation (5 minutes)

In this section, the main concepts and learning objectives of the exercise are explained:

- Contextualize nonverbal communication and differentiate it from verbal communication.
- Emphasize the relevance of nonverbal communication.
- Explain the essential components of nonverbal communication.

#### Step 3. Video (5 minutes)

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## Workshop:

### The Power of Nonverbal Communication

- Show the Video under the following Link:

[Link](#)

# Workshop:

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### Step 4. Exercise on self-awareness (10 minutes)

Ensure that partners feel comfortable with each other so they can fully engage in the exercise. Allowing participants to choose their own partners can facilitate this comfort.

It's important to explain the exercise as clearly as possible, and using an example can help clarify the task. Each task should be discussed and completed before moving onto the next exercise.

As a teacher, one should actively listen, observe, and if necessary, remind participants that both should have the opportunity to speak. Projecting the remaining time visually on the board can aid in managing this.

### Step 5. Charades (10 minutes)

**Preparation:** Write the following terms on slips of paper to be drawn: Shame, Interest, Confusion, Satisfaction, Love, Aggression, Disgust, Surprise, Impatience.

- Divide the Group: Split the participants into two equal groups. Ensure an appropriate setting for the exercise.
- Find a Volunteer: Select a volunteer to start by expressing an emotion through body language.
- Encourage Expression: Invite participants to openly express their feelings and thoughts, particularly regarding the emotion they are attempting to embody.
- Add the typical characteristics.

# Workshop:

## The Power of Nonverbal Communication



### Step 6. Group Reflection (5 minutes)

Invite the participants to come together to share insights and feelings about the activity.

Possible reflection questions include:

- What have you learned about the importance of nonverbal communication in building relationships?
- In what ways can these skills enhance your social-emotional learning?

Relevance to digital storytelling: Discuss the importance of these skills in the context of digital storytelling, pointing out how understanding emotions and perspectives can create more compelling narratives.

**Optional:** Summarize Key Points: Conclude the session by highlighting the key points about nonverbal communication and social-emotional learning (SEL). Emphasize how these skills strengthen relationships, foster empathy, and improve communication.

[LINK](#)

# Workshop:

## The Power of Nonverbal Communication



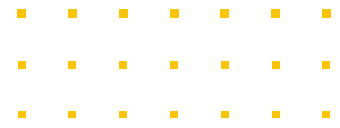
### Tips for teachers:

- **Create a positive atmosphere:** Ensure a safe and supportive environment where adolescents feel comfortable expressing their thoughts and experiences
- **Encourage reflection:** Motivate adolescents to think about their own body language and how it might affect others.
- **Establish everyday relevance:** Connect the lesson content with situations from the everyday lives of adolescents, such as communication on social media, within the family, or among friends. This helps to highlight the relevance of nonverbal communication.
- **Cultural differences:** Address cultural differences in nonverbal communication to promote awareness of diversity and avoid misunderstandings.

### Follow-Up Activity at Home:

Motivate participants to consciously and actively integrate nonverbal communication and social-emotional skills into their daily lives. Suggest incorporating these considerations into their routines to enhance the values of empathy and authenticity in both personal and professional settings. Encourage participants to, for example, practice handling difficult situations in front of a mirror.

# TOOLS



## MENTIMETER



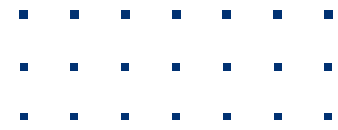
Mentimeter is used in this workshop to gather real-time feedback and reflections from participants through interactive mood surveys, group recaps, and live polls. It enables visual representation of key insights, making discussions more engaging and collaborative. Participants can anonymously contribute, fostering openness and participation.

[www.mentimeter.com](https://www.mentimeter.com)





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