



## ACTIVITY

*We communicate in so many ways every day. We speak with one another, we might leave notes or texts, or we might give hand signals such as waving. Besides those more basic ways of communicating, we might also convey additional messages in how we are doing those things - we might speak softly to one another or yell, the text we send might have emojis or be in all caps, we might be waving hello, or we might be shooing something away. The details make a difference!*

Let's take a closer look at this idea of body talk.

Sit with your classmates in a circle and settle in for this first silent activity.

### PART 1

1. Once everyone is seated comfortably, choose one person to imagine and pretend that they are holding a rock and have them show the rock to the class. Now that they've shown the rock, have them pass the rock to the person to the left of them. That person pretends to hold the same rock showing the rock to the class, doing their best to make it look like it's the same size, shape and weight as the first person's rock. Have them pass the rock, in silence, to the person to the left of them, continuing until the rock has made its way around the circle; all the while be sure to use only your body to show what you have.
2. Next;
  - pass a pea.
  - pass a bag of potatoes.
3. Discuss the following questions:
  - What body movements helped show the size of the objects?
  - What body movements helped show the weight of the objects?
  - Were all the movements exactly the same or did some people show their object a little differently?

### PART 2

1. Remain seated in the circle and choose a different person to start this next part. Have them imagine and pretend that they are feeling sadness. They will show that feeling with their face and body while remaining seated and silent. Once the first person has shown the feeling, have them imagine that they are rolling up that feeling like a big piece of paper starting at their feet and rolling all the way up to the top of their head. Have that person take the imaginary roll of paper and pass it to the person to their right. Now that person can unroll the imaginary paper feeling, place it on themselves and show that same feeling to everyone in the circle their way. Then have them roll up the feeling and pass it again to the right for the next person to show the emotion. Continue in silence until everyone has tried on that feeling.





### ACTIVITY

2. Next;

- Try anger.
- Try worry.
- Try happiness.

3. Discuss the following questions:

- What facial expressions helped show the different emotions?
- What body movements helped show the different emotions?
- Were all the movements exactly the same or did some people show their emotions a little differently?

Although we all experience all emotions, they may not look the same from person to person. Sometimes the way we express those different emotions may take on a similar look too! It can be confusing!

Confusing or not bodies show how we feel! They give messages to those around us, and they are also trying to communicate with us too. Have you ever noticed that you have clenched fists, then realize you were feeling quite nervous or scared? Have you ever cried out of frustration? Our bodies automatically give clues to our feelings!

Just as we can receive messages from our bodies, and we can also send our bodies messages too.

What message is sent when we practice a mindful moment?

*It's a chance to rest and refocus.*

What message is sent when we warm up before a game?

*It's time to get moving!*

What message is sent when we are dancing freely?

*It's an opportunity to express joy!*

People use their bodies to prepare themselves for changing from one mood to another very often! Maybe you've seen a basketball team huddled together before a game then suddenly start jumping up and down together, chanting and shouting then burst onto the court, excited to play. Or maybe you've seen a singer off stage, rolling their shoulders around and around or making big movements with their mouths or practicing sounds as they prepare to go out on the stage and belt out their favourite tune. Those people are using the movement of their bodies to prepare themselves for the energy and emotion they need for the new task ahead.

How might you use this?





### ACTIVITY

Imagine that you're feeling a bit down and find yourself hunched over with your head hanging. First, it's important to take a few minutes to feel that feeling and understand where it might be coming from. Once you've honoured that feeling by acknowledging it, you might choose to try imagining that you're rolling up that emotion and setting it to the side. Then try moving your body to express the emotion that you'd prefer in that moment. You might put your shoulders back, put your chin up, take a deep breath and smile. Hopefully that helps set you up for feeling a lighter, happier emotion.

Working through our emotions, especially those that don't feel very good or are especially big, can sometimes require the support of a friend or trusted adult. If the feelings are bigger and more intense, then you may need to sit with those feelings a little longer and you may even need to ask someone for a little help before you are fully able to let them go. When working with big emotions and feelings you may find your body needs big movement to help get through! You could try going for a long walk or a run, try some Laughing Yoga or get moving with some Zumba or dance your way to a better mood.

Remember that whether you need help or not, you can always get started towards feeling better by being mindfully moving your body.

**You might be surprised at how powerfully motion affects emotion.**



TRUE NORTH  
YOUTH FOUNDATION

