

# Body Language Lesson Plan

**Creator:** Rachel Hawkins, Licensed Special Education Teacher

**Grade Level:** This lesson was designed for Special education students at the Transition level, ages 18-21 but could be used with high school students as well.

**Overview:** In this lesson students will learn about Nonverbal Communication and be able to identify the emotions or states of being.

## Standard(s) Addressed:

- ISD 15 Functional ELBs in the area of Social skills (3): Perspective Taking (6)
- 3.6.4C Students will recognize obvious non-verbal body language.
  - 3.6.5C Recognize others' emotions.
  - 3.6.9C Interprets obvious non-verbal Language.
  - 3.6.10C Interprets subtle non-verbal language.

## Materials:

1. Computer and projection method for showing videos. I used YouTube. So make sure your school's filters allow this.
2. Body Language: Video Worksheet (attached)
3. Chart Paper and markers (optional)

## Procedure:

Prior reading: "[Assertiveness](http://www.Teenshealth.org)" article from [www.Teenshealth.org](http://www.Teenshealth.org) © 1995- . The Nemours Foundation/KidsHealth®. Reprinted with permission.

Introduction: Activate prior knowledge from the reading about how to read body language. Explain this activity will take us deeper into nonverbal communication. Explain that how we say things to others and what we do while talking to others often speaks louder than the actual words we are using. Body language tells us a lot more about how a person is feeling or the message they are trying send.

### Part 1: "For the Birds"

I found a great video by a college student in a nonverbal communications class that explains the 4 parts that make up nonverbal communication using the short film from Disney Pixar Shorts Volume 1 "[For the Birds](#)". Have students take down notes as they watch the video. It is short, it may be good to have them watch it one time through without worrying about writing, then watch a second time to get down some notes. The attached worksheet has the terms listed with space for definitions or examples.

## Part 2: Mr. Bean

Using a compilation of short clips of Mr. Bean called "[MR Bean Non verbal Communication](#)" play the video and be ready to pause at certain points to discuss each sections emotions demonstrated by Mr. Bean's body language.

	Minute	Segment (my own title)
Mr. Bean 1	0:00-0:51	Christmas Morning
Mr. Bean 2	0:52-1:37	Test
Mr. Bean 3	1:37-3:11	Diving
Mr. Bean 4	3:12-3:47	Church
Mr. Bean 5	3:48-4:26	Restaurant
Mr. Bean 6	4:27-end	Movie

Play each segment and pause after each one to discuss what people observed and what clues were given. Talk about the others in the videos. Did anyone notice their reactions or Mr. Beans' behavior when they were watching him?

## Part 3: "Taking Pictures"

Found this great little Animated Short Film by Simon Taylor called "[Taking Pictures](#)".

Have students watch and record their observations. Discuss the different emotions they could see through both characters' body language.

### Extension:

Have the group watch the following and identify emotions seen in the following videos Intel TV Commercial, "[The Jim Parsons Family Sing Along](#)", the [Chicago Bulls Kiss Cam](#) posted by Cam Barbershop Hahsimoto from 1/3/2015

### Assessment:

Have students complete an exit ticket answering the following questions:

1. Describe what makes up nonverbal communication.
2. Describe a time when you could tell a person was upset before that person ever said a word.

### Article:

"Assertiveness" <http://teenshealth.org/en/teens/assertive.html?WT.ac=ctg#>

### Videos:

"For the Birds" Disney Pixar Shorts Vol. 1. <https://www.youtube.com/watch?v=vZYAHGwS3mA>

MR. Bean Non verbal Communication <https://www.youtube.com/watch?v=9cX6Valy2yA>

"Taking Pictures" <https://www.youtube.com/watch?v=gxIJN8bk6yg>

"Jim Parsons Family Sing Along" <https://www.ispot.tv/ad/AA98/intel-the-jim-parsons-family-sing-along>

Chicago Bulls Kiss Cam 1/3/2015 <https://www.youtube.com/watch?v=51T3BX4-e60>

## Body Language: Video Lessons

For each of the following videos. Record the emotions or states of being in the box.

	<u>Nonverbal Communication</u>
For the Birds	<p><b>Proxemics:</b> _____</p> <p><b>Physical Appearance:</b> _____</p> <p>_____</p> <p><b>Kinesics:</b> _____</p> <p>_____</p> <p><b>Vocalics (paralinguistics):</b> _____</p> <p>_____</p>
Mr. Bean 1 (Christmas Morning)	
Mr. Bean 2 (Test)	
Mr. Bean 3 (Diving)	
Mr. Bean 4 (Church)	<div style="display: flex; justify-content: space-between;"> <span>Mr. Bean-</span> <span>Other Man-</span> </div>

Mr. Bean 5 (Restaurant)	Was he Assertive? Why or Why not?
Mr. Bean 6 (Movie)	
Taking Pictures	
Extension Activities	