

Confidence Charades

Teacher instructions:

Explain to students that the objective of this activity is to practice identifying and using body language to signal confidence (and lack of confidence).

Ask students to stand up and act out what it looks like when they're not feeling confident. Highlight appropriate examples you see, such as head hanging low, looking down, slumped shoulders, and crossed arms.

Then, encourage students to change their posture to signal to others that they're feeling confident. Again, call out examples like smiling, keeping the head and chest up, and taking up space.

Wrap up the activity by asking the class the following questions:

- How did it feel to have insecure body language?
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- How about confident body language?
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- What are some things you could say to someone whose body language is telling you that they aren't feeling their best?
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- What are some things you can do every day to feel your most confident?
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