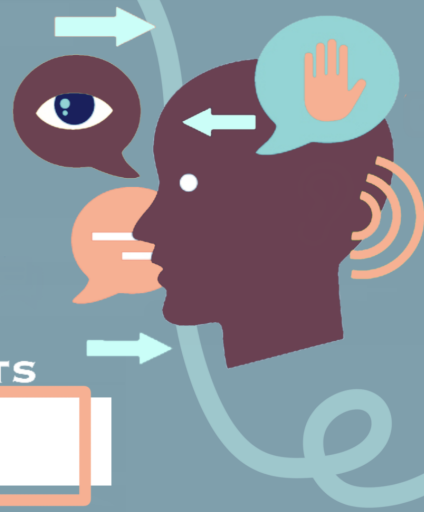


BODY LANGUAGE



GOAL

- Unblocking
- Language acquisition

TARGET GROUP

Any

NUMBER OF PARTICIPANTS

5 and more

EQUIPMENT

Markers and a sheet of paper to prepare the visual

TECHNICALITIES

You'll need to prepare a visual and share it on your screen.

DURATION

15 min

EXERCISE DESCRIPTION

Before the session, the facilitator has prepared a visual with the sentences "Name, I like you a lot! I like..." and different parts of the face (maybe also other parts of the body that are visible while on a video-call, for instance the shoulders), in the groups' languages : your eyes, your hair, your cheeks, your nose, your mouth, etc.

The facilitator shares their screen and the activity starts by learning the vocabulary in the different languages. You can ask the group to massage each face or body part as they learn how to name them.

Afterwards, Person A starts and reaches

out to a second person (B) by saying "[Name of Person B], I like you a lot!"

Person B reacts by giving consent (or not) and person A continues, for instance: "I like your eyes". Person B can then touch that part of their body and react non-verbally.

The rest of the group might imitate them.

It is then person B's turn to compliment

the third person, and so on, so that the compliments go around the group. In order to show they are available, participants who have not been complimented yet can use the emoji-reactions, for instance the heart.

You can play in one language and then the other, or you can mix languages from the beginning, depending on your group's linguistic level. Remember to continue sharing your screen or to send the words in the chat if it's new vocabulary.

Depending on your group, make sure you adapt your facilitation to ensure the emotional well-being of all participants, the goal being to create a feel-good vibe and work on body positivity, not promote harassment or mocking. Make sure that everyone gets a compliment too!