Reflection

EXPRESSION AND VARIETY OF NON-VERBAL COMMUNICATION

Refection of levels of non-verbal communication, action-ortiented perception and expression, fun and relaxation, creativity

Description:

Participants seperate into four groups. Each group has to communicate different moods/feelings using various types of media:

 impatient/annoyed

 uncertain/hesitant

 happy/optimistic

 convinced/self-confident

The type of media is then selected from: painting, sound/rhythm, pantomime, building a human sculpture.

After rehearsals in small groups the results are presented to the other participants who should recognize and name the presented mood/feeling.

Participants: small groups of approx. 5 individuals

Duration: 1 hour

Material: rhythmic instruments, flipchart paper, color markers