

Non-Verbal Mood Spotting Game

Playing in groups or pairs can be an ideal way to practice using and spotting non-verbal cues.

This game is a fun way to engage children or adults in using their non-verbal spotting and communication skills.

Step one – cut several strips of paper and write a mood on each one.

For example:

- Cheerful
- Humorous
- Melancholy
- Idyllic
- Ominous
- Calm
- Lighthearted
- Hopeful
- Angry
- Fearful
- Tense
- Lonely
- Reflective
- Gloomy
- Whimsical
- Romantic
- Mysterious

Step two – fold each piece of paper up and place in a bowl.

Step three – ask each person to take one piece of paper out and read the word to themselves.

Step four – one at a time, each person says the line below using vocal cues (pitch, emphasis, articulation, etc.) and bodily cues (posture, facial expression, and gestures, etc.) to convey the mood.

“We need to get out of here and move to another building as soon as possible.”

Step five – each person completes a new line of the following table, capturing who was talking, what mood they were conveying, and what clues gave it away.

Who was talking?	What mood do you think it was?	What made you think it was that mood?	What mood did it turn out to be?

Step six – repeat for each person. Then check the answers with each speaker to see if they were correct, and if not, why they got it wrong.

Step seven – reflect on the ones you got right and wrong and what you can learn about non-verbal communication.

Dr. Jeremy Sutton