

EduTrend Contents

G4C · NON-VERBAL COMMUNICATION GAMES · MIDDLE SCHOOL

Mixed Messages

Say a line with body language that matches or contradicts the words and let the audience decide what they believe

Ages 12–14	Level: Intermediate	45 minutes	Pairs and groups of 4 · up to 30	Activity 04

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 student worksheets · assessment checklist

ACTIVITY 04 · AT A GLANCE

Mixed Messages

Pairs get a neutral line, such as “I’m fine, thanks” or “That sounds great.” They deliver it twice: once with body language and tone that match the words, and once with posture, face or tone that contradict them. Listeners record which version they believed and which clue they trusted. The class discusses congruence and why mixed messages cause misunderstandings.

Learning outcomes

By the end of the session students can:

- control face, posture and tone;
- notice mismatches between words and body;
- explain which clues people trust;
- reflect on sending clear messages.

KEY WORDS

congruence · posture · tone · mismatch · signal · trust

CURRICULUM LINKS

PSHE: communication and relationships. Drama. English: spoken language.

1	2	3	4	5	6
WARM UP	**EXPLAIN**	**PLAY**	**LOOK**	**TALK**	**CLOSE**
Faces and bodies ready	One game, clear rules	Show without words	Notice the clues	What told you?	Calm and positive

Materials (whole class)

- Line cards
- Listener sheets
- Worksheets 1, 2 and 3

Before the session

- Prepare neutral lines.
- Print listener sheets.
- Model both versions.
- Plan pairs.

SAFETY

Use invented lines; avoid mocking real people’s mannerisms.

ACTIVITY 04 · SESSION PLAN

Step by step

Keep the discussion on noticing and checking, not on judging people.

Time	What happens	Say or ask
0–5 min **Warm up**	Walk with different postures.	*"How does posture change how you feel?"*
5–10 min **Explain**	Model matching and mixed messages.	*"Which one did you believe?"*
10–35 min **Play**	Pairs perform; listeners record.	*"Which clue did you trust?"*
35–45 min **Close**	Discuss congruence.	*"How can we check a mixed message?"*

CHALLENGE CARD (print or copy onto the board)

Deliver a line with fully matching body language, then spot mismatches in others.

ACTIVITY 04 · FACILITATOR NOTES

The non-verbal game know-how in brief

Non-verbal games help children see how their own posture and expression come across.

When words and body disagree, listeners often notice; asking is the best way to check.

Common ideas to listen for

- “Body language always tells the truth.” It can be misread.
- “Crossed arms always mean angry.” Context matters.
- “Only words matter.” Tone and posture carry meaning.

Adapting the activity

Support

Give each pair one line and one clear contradicting emotion.

Stretch

Show a subtle mismatch and see if listeners notice.

WORKSHEET 1

Listener sheet

Name: _____ Class: _____ Date: _____

Record what you believed.

Believed

Line	Version believed	Clue trusted

WORKSHEET 2

Channels

Rate each channel.

Channels

Channel	What it showed
Words	
Tone	
Face	
Posture	

WORKSHEET 3

Reflection

Reflect.

If I get a mixed message, I can...

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight students; copy as needed.

Student	Controls body language	Spots mismatches	Explains trust in clues

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Mixed Messages is a sample activity from the EduTrend Contents G4C Non-Verbal Communication Games programme (middle school, level: intermediate). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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