

Body Language



Show an expression

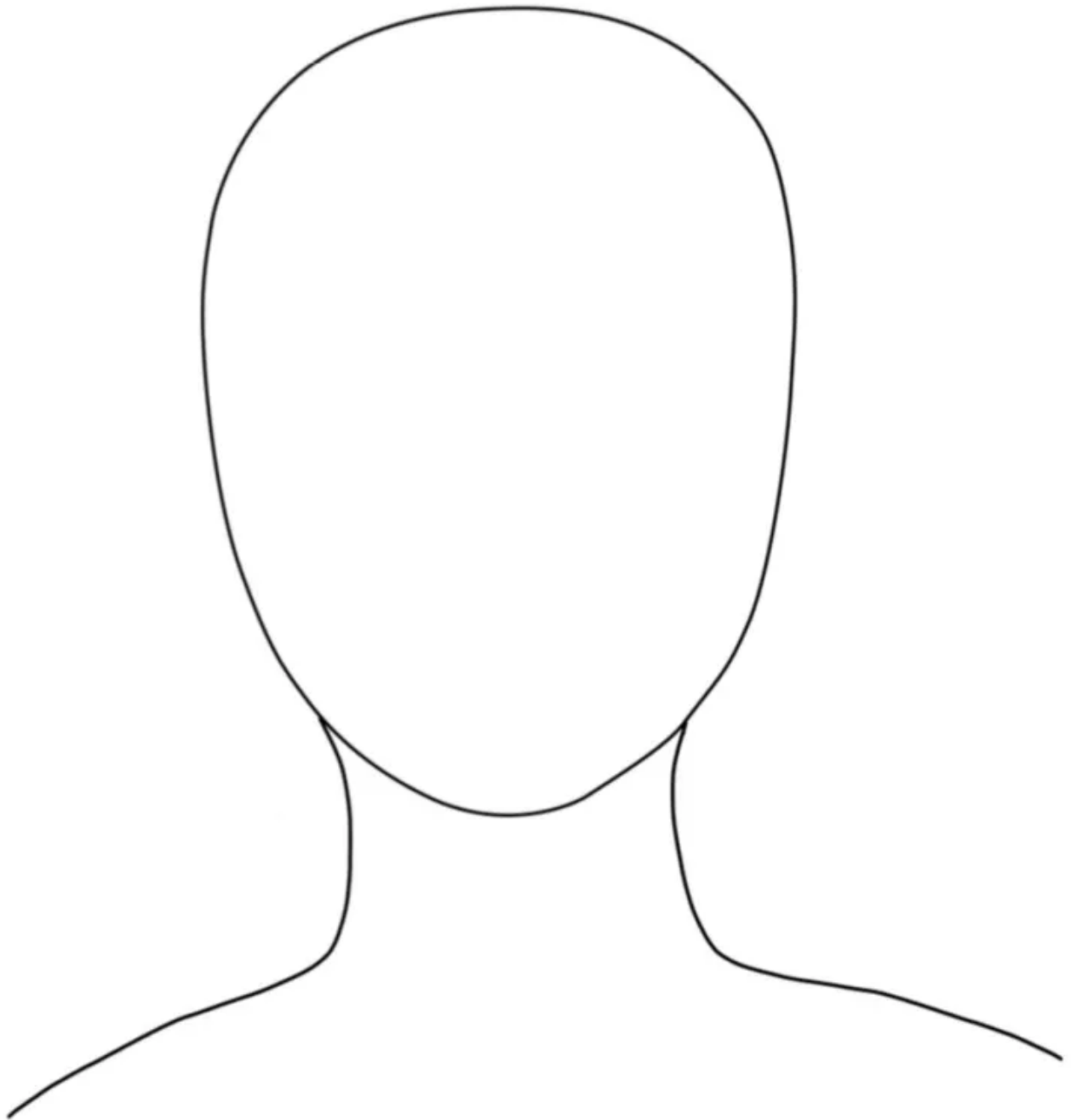
These children are showing that they are scared with their faces and their bodies. What does your scared face look like? Can you show your grown up? What does their scared face look like? Practice your scared faces in the mirror together.

Stand tall

Imagine you just did something really brave. Stand up tall, with your shoulders back, your head up, your hands on your hips and a big smile on your face. Hold this pose for 10 seconds. How do you feel?



Facial expression - Fear and Courage



Have a go a drawing your scared face here.



Draw yourself being brave

**How tall do you stand when you feel brave? What do you do with your hands?
What does your face look like? Draw yourself being brave here.**

