



## Real Life Emoji

### Introduction

Successful networking is not just about *what* you say to someone, but *how* you say it. Body language plays an important role in how other people interpret what you say and who you are. This activity is similar to Telephone, except instead of communicating a phrase, students will nonverbally communicate an emotion.

### Materials

- Slips of paper
- List of emotions (see suggestions below) - or come up with some of your own

### Instructions

- Write each emotion on separate slips of paper.
- Ask students to arrange themselves in a single-file line, with each student facing the back of the person in front of them.
- Give the last student in line a slip of paper with an emotion written on it. This student then taps the student in front of him/her who turns around so that the two are facing each other (the other students in line have their backs to these two). This first student must silently portray the emotion to the student in front of him/her using only body language.
- When the second student believes they know what the emotion is, he/she must turn around and tap the person in front of them to turn around, and do his/her best to imitate what they just saw from the person behind them.
- Students should not turn around until they are tapped on the shoulder. Continue until the last student in line sees the emotion acted out.
- This last student demonstrates to the class what he/she saw and guesses what the emotion is.
- Play the game for a few rounds, making sure that students switch places in line between rounds.

### Discussion

- Did you successfully guess the emotion? What made it difficult or easy?
- What nonverbal cues helped you guess the emotion?
- Was it harder to portray the emotion or to guess the emotion?
- Why do you think body language is important when first meeting someone or building your network?
- Think about what happens when you are talking to someone. What messages would the following send?
  - Standing with your hands on your hips
  - Putting your hands in your pockets
  - Crossing your arms

- Clasp your hands behind your back
- Twirling your hair
- Looking at the floor
- Standing sideways while talking to someone (instead of facing them)

## Reflecting & Connecting

- Body language allows you to say a lot, without saying a word.
- Successful networking requires positive body language that includes eye contact, good posture, a firm handshake, and appearing interested and engaged.
- Our first impressions of people are often visual, not verbal.
- Meeting new people can be intimidating, but being aware of your movements and adjusting your body language can help you make successful connections.
- One way to look at body language is like a real life emoji – it adds the context you need to help others understand your intent.

## List of Emotions:

- Disgusted
- Disappointed
- Bored
- Vulnerable
- Tired
- Ecstatic
- Confident
- Calm
- Compassionate
- Unwelcoming
- Jealous
- Terrified
- Curious
- Amazed
- Energetic
- Courageous
- Shy
- Stressed
- Enthusiastic
- Sick
- Friendly
- Nervous
- Angry