Learning how to listen to each other is important. Paying attention to how people move their body and face is part of listening.

1. Stand opposite another person. Look into their eyes.
2. Turn on some happy music. One of you should move to the music to show "happiness."
3. The other person should copy them, like a mirror.
4. Reflect

- Why did you choose these movements for this emotion?
- Could your partner follow the movements? If not, why not?
- What did you learn about body language?
- How can you use your body to show kindness?

Switch roles after 3 minutes.

Try it again with a different emotion!

We can live together with kindness if we listen better to each other.

For more games and activities visit: www.preparecenter.org/KidsKit