Body Language Detective Worksheet

Age Group: 6-10 Years | Skill Focus: Body Language

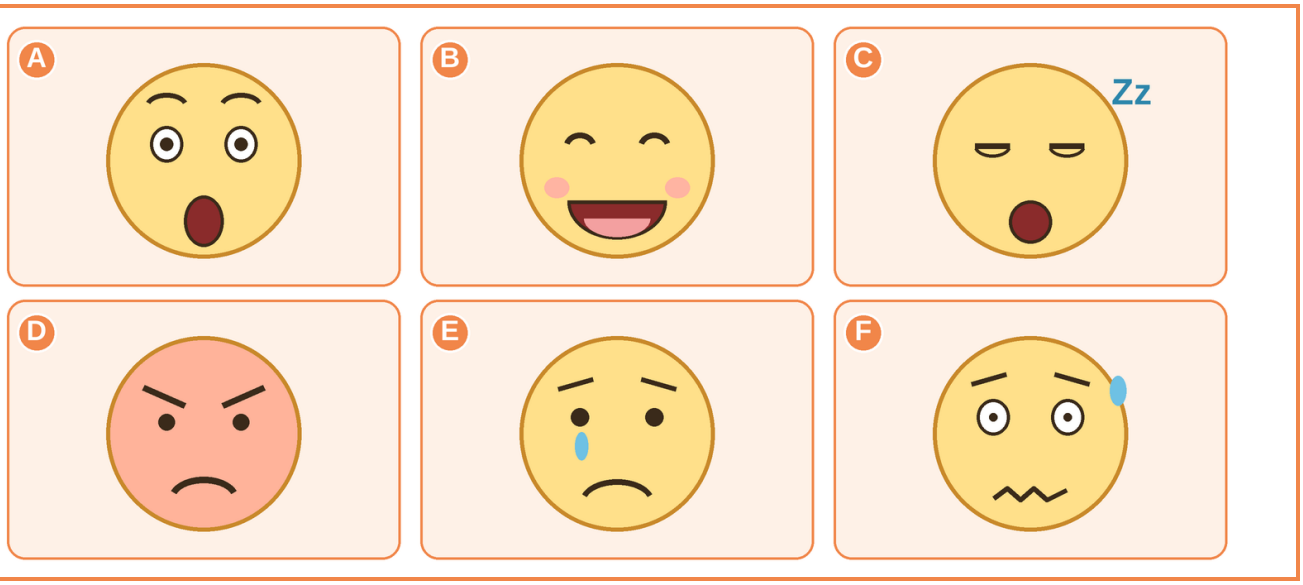
My name: ..... **Date:** .....

How to use this worksheet

You will match faces and gestures to feelings, then practise showing feelings without using words.
Do each step in order. Use your detective eyes!

1 Read the Faces

Look at each face closely. Which feeling does it show? Write the letter in the blank.



Match the feelings

Happy: _____

Sad: _____

Match the feelings

Angry: _____

Surprised: _____

Match the feelings

Scared: _____

Sleepy: _____

Detective Spark!

Body language is what your face and body say without words.
Clue: *Eyebrows, eyes and mouth tell us lots about feelings!*

Which face looks most like how I feel today? Tick ONE!

☐ A ☐ B ☐ C ☐ D ☐ E ☐ F

2 Read the Gestures

Imagine you can see each person. What are they feeling? Tick the best answer!

1 Arms crossed, a frown and a tapping foot.

☐ Happy ☐ Cross ☐ Sleepy

2 Jumping up and down with a big smile.

☐ Bored ☐ Sad ☐ Excited

3 Head down, shoulders slumped, walking slowly.

☐ Sad ☐ Proud ☐ Excited

4 Hands over mouth and eyes wide open.

☐ Calm ☐ Surprised ☐ Sleepy

5 Standing tall, chin up and smiling.

☐ Proud ☐ Scared ☐ Bored

6 Biting nails and looking around quickly.

☐ Relaxed ☐ Happy ☐ Nervous

TRICKY ONE **What does the body say?**

Mia says, “I am fine.” But her head is down and her arms are tight.

☐ She is really fine ☐ She might be upset

Draw a face to show how you feel right now!

3 Show It Without Words

Pick a feeling. Plan how your face, hands and body will show it. No words allowed!

Happy feelings

- ☐ Excited
- ☐ Proud
- ☐ Silly
- ☐ Calm

My own: .....

Hard feelings

- ☐ Sad
- ☐ Cross
- ☐ Scared
- ☐ Worried

My own: .....

Other feelings

- ☐ Surprised
- ☐ Sleepy
- ☐ Shy
- ☐ Bored

My own: .....

FACE What will my face do?

Try: "My eyebrows will ___, my eyes will ___ and my mouth will ___."

.....

.....

HANDS What will my hands and arms do?

Try: "I will ___ my arms and ___ my hands."

.....

.....

BODY How will I stand or move?

Try: "I will stand ___ and move ___."

.....

.....

Body Language Words

FACE: **smile** **frown** **wide eyes** **raised eyebrows**

HANDS: **wave** **clap** **fold arms** **point**

BODY: **stand tall** **slump** **bounce** **lean in**

Practise once in a mirror. Check it!

☐ I used my face ☐ I used my hands ☐ I used my body

Tip: No words allowed! Your body does all the talking.

4 Play the Detective Game

Act out a feeling without words. Your grown-up or friend guesses! Tick each Detective Tip you remember.

Detective Tips

- ☐ Make your face big and clear
- ☐ Use your hands and arms
- ☐ Show it with your whole body
- ☐ Stay silent: no words!
- ☐ Watch the other person closely
- ☐ Guess kindly and gently

Play 3 rounds. Colour a star after each one!

Round 1: to a grown-up	Round 2: to a friend	Round 3: to family
☆	☆	☆

My feeling was: .....

They guessed: .....

Detective Challenge! Watch someone for 1 minute and spot a feeling.

I saw _____ so I think they felt: .....

How did your game go? Tick your choice!

★★★	★★☆	★☆☆
Super detective!	**Getting there**	**Needs bigger moves**
☐ Tick here	☐ Tick here	☐ Tick here

My favourite part was... .....

Parent / Teacher Feedback

What the child did well: .....

One thing to try next time: .....

Detective stars: ☆ ☆ ☆ ☆ ☆ **Signed:** .....

Well done! You are a body language detective!