

Our Tools Role Play Sheet

Instructions: Split into groups of two or three people. Complete the following exercise.

1. Take turns trying to communicate the feeling of **anger** without using words. How did you do it?
2. Take turns trying to communicate the feeling of **embarrassment** without using words. How did you do it?
3. Take turns trying to communicate the feeling of **fear** using only your hands. How did you do it?
4. Take turns trying to communicate the feeling of **love** using only your eyes. How did you do it?
5. Take turns trying to communicate the feeling of **nervous** using only your eyes. How did you do it?
6. Take turns trying to communicate the feeling of **nervous** using only your hands. How did you do it?
7. Take turns trying to communicate the feeling of **nervous** using only your presence. How did you do it?
8. Take turns trying to communicate the feeling of **meaninglessness** using only your presence. How did you do it?
9. Which of the above exercises was the hardest? Why?