

**Access English Centre**  
**Immigrant Centre Manitoba**  
*PRE-EMPLOYMENT: Body Language*  
*" Good First Impression" Warm-up Activity*  
*High Beginner Level*  
**15-20 minutes**

**Facilitator Note:** This activity provides an opportunity for participants to become culturally aware about suitable body language for a job interview.

**Warm-up:**

**Materials:** Participants need: Picture Cards (one set per pair)  
 Facilitator needs: Whiteboard & Markers

5 min.

**Procedure: Introduction-**

*Before you begin:*

1. Write the name of the activity ("Good First Impression") on the whiteboard. Explain to the participants the importance of having a "good first impression" for a job interview.
2. Brainstorm with the whole group what does "Good First Impression" mean?
3. Explain to the participants and you need to have good body language to make a good first impression:  
 "A good first impression is how you would like to look to someone based solely(only) on your good appearance (how you look like)."
4. Next write: "body language" and brainstorm what this term means.  
 "Body language is how your body communicates." (*Body language is how you use your body movements to express / communicate your feelings and your thoughts.*)
5. Have a discussion about "good body language".  
 Demonstrate "good body language". Ex. smiling, relaxed look, good posture, good handshake, etc.
6. Brainstorm with whole group other forms of "good body language".
7. Brainstorm with the whole group examples of "poor(bad) body language".
8. Demonstrate some examples of "poor body language".  
 Ex. slouching, frowning, tapping your fingers on a desk, head down, etc.
10. Pair the participants into pairs.
11. Give each a pair a set of picture cards. Each pair goes through the set of cards and determines which is good/poor body language and why.
12. As a whole group, call on each pair to demonstrate the picture cards, they had examined, earlier. One will demonstrate good body language and the other will demonstrate poor body language.

10-15 min.