

# CINNAMON



# SPEAKS



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## INTRODUCTION

All humans use some form of non-verbal communication with each other. When you smile or frown, you're showing how you feel without saying a word. Shrugging your shoulders can mean several things, like you're not sure, you don't know, or you're confused. Some people jump up and down when they're mad, excited, or impatient. Some people just wiggle to say that.

"Reading" other people's body language is an important social skill to learn. It's, also, kind of fun, especially when talking is not permitted, or when others are talking.

FEETSPEAK's main character, Cinnamon, is challenged with traumatic mutism. She communicates her thoughts, feelings and emotions using her Body Language ~ facial expressions and gestures. She, also, communicates with the shoes she decides to wear throughout her day.



## CONSTRUCTION INSTRUCTIONS

MATERIALS NEEDED: cardstock, printing paper, binding items (stapler, coil/comb. hole-punch for brads or O-rings), pencil, scissors, glue

SEQUENCE: Print Front/Back Covers on cardstock and bind into a CINNAMON SPEAKS booklet. Copy all other pages on paper.

Double-side print the following pairs: the Body Language activities with their Answer Sheets, the SHOE~ TALK Info sheet with the Shoe Shelves, the Shoe-Talk Names & Description pages with the CINNAMON SPEAKS Short Story Template, unless you think you will need the back of the page to complete your story.

Print Shoes, cut out & arrange them on the shelves before gluing onto the Shoe Shelves. Let dry before inserting.

Collect all the pages and insert them between the Covers binding them together with one of the binding items.

## ACTIVITY PLAN

I created these non-verbal communication cues to help you understand Cinnamon's forms of expression. Most of us have used all of these Body Languages since we were babies. So, begin with Facial Expressions and, then, go and do Hand Gestures.

Many of us use our clothes ~ colors, styles, textures~ to share our feelings with others. Cinnamon chose shoes as one of the ways she expressed her feelings. SHOE ~TALK is an activity created for you to communicate the way Cinnamon would if she had this group of shoes. First, cut out & glue the shoes onto the shelves. On the next pages, give each pair a Name on the Title Line and, then, describe why you /she decides to wear that particular pair of shoes on the Lines underneath it.

Finally, write a short story, Cinnamon Speaks, telling about the shoes Cinnamon chooses to wear ~what, when, where, and why.

Send it to me using the Contact Me form on my website.

## **BODY LANGUAGE: Facial Expressions**

**In 1980 Dr. Robert Plutchick, an American psychologist, created a “Wheel of Emotions”.**

**On this “wheel”, he listed 8 basic human emotions.**

**They are :**

- . FEAR (afraid, frightened, scared)**
- . ANGER**
- . JOY**
- . SADNESS (grief)**
- . DISGUST (disapproval)**
- . SURPRISE**
- . TRUST (admiration, acceptance)**
- . ANTICIPATION (look forward to something in a positive way).**

**Match each emotion/feeling word to a Facial Expression shown on the following page.**

# BODY LANGUAGE : Facial Expressions





# **BODY LANGUAGE : Facial Expressions Answer Sheet**



**JOY**



**TRUST**



**FEAR**



**DISGUST**



**ANGER**



**ANTICIPATION**



**SURPRISE**



**SADNESS**

## **BODY LANGUAGE : Gestures**

**Hand Gestures are one of the most effective ways to use Body Language. They communicate thoughts and feelings without saying a word ~ in very short period of time ~a second or two.**

**Here are some of their simple and to-the-point words:**

- . HELLO / GOODBYE / STOP**
- . YES / DEFINITELY**
- . NO / BOOOO**
- . THERE / THAT ONE**
- . AGREED/ PLEASED TO MEET YOU**
- . OKAY / PERFECT**
- . PEACE / VICTORY**
- . YAY / WONDERFUL**

**Match the word and/or phrase to the Hand Gestures shown on the following page.**

# BODY LANGUAGE : Gestures





# **BODY LANGUAGE : Gestures Answer Sheet**



**PEACE**



**YES / GOOD**



**HELLO / BYE / STOP**



**PERFECT**



**THERE / THAT ONE**



**YAY / AWESOME**



**NO / AWFUL**



**AGREED**



# SHOE ~ TALK

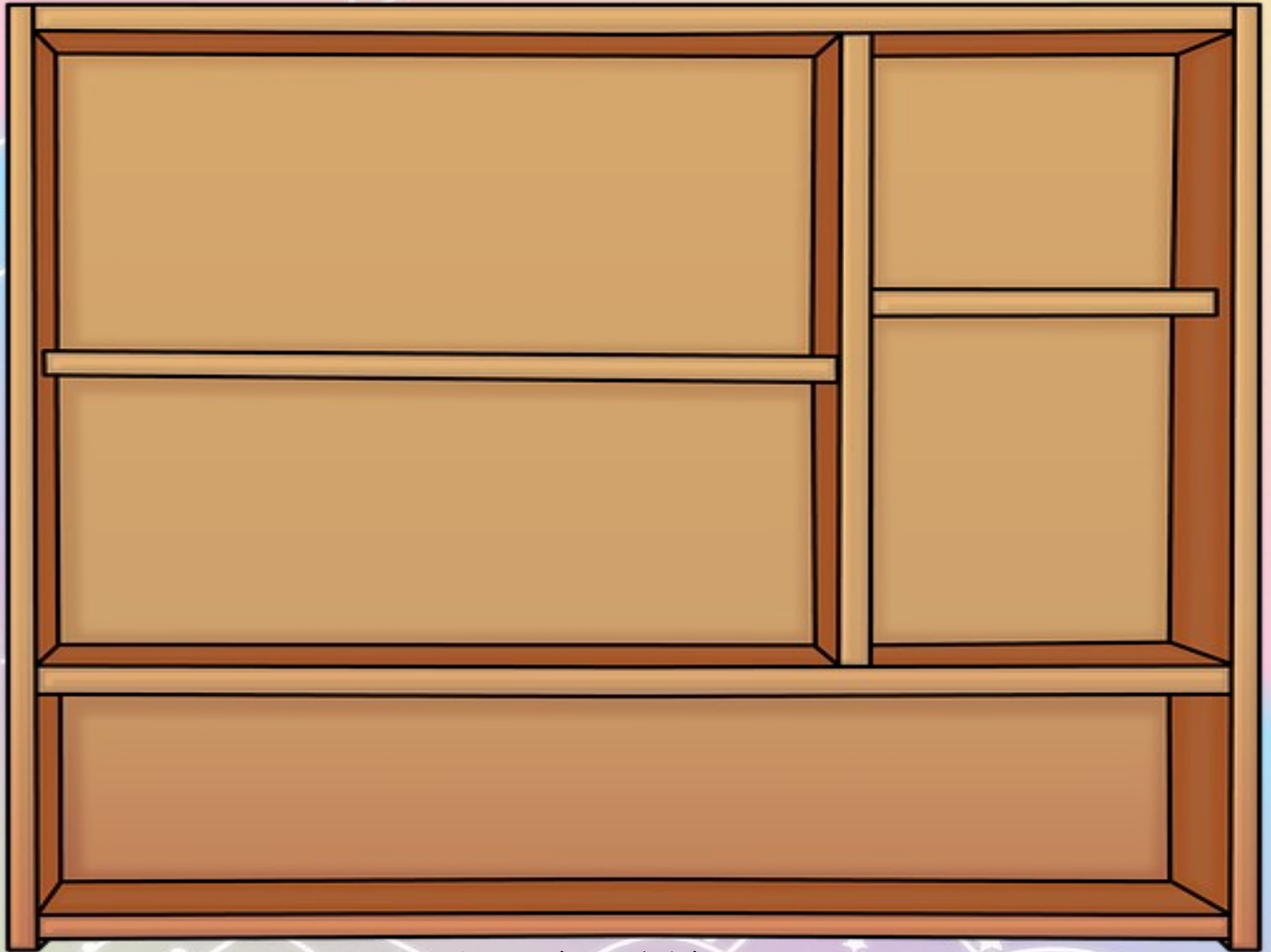
**Cinnamon uses her shoes to express her feelings and thoughts:**

- **happy & hopping ~ bunny slippers**
- **excited & leaping ~ frog sandals**
- **curious & flitting ~ dragonfly slides**
- **content & waddling ~ duck boots**
- **stubborn & slow ~ turtle shoes**
- **cautious & deliberate ~ walking tennis shoes**
- **joyful & dancing ~ ballet slippers**

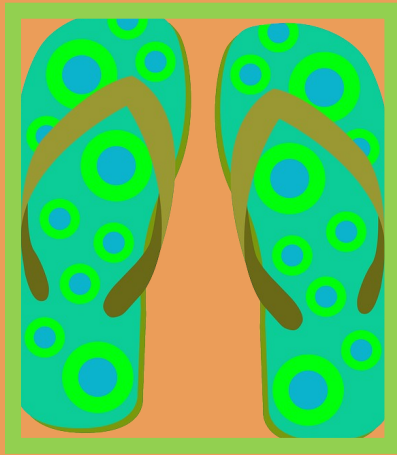
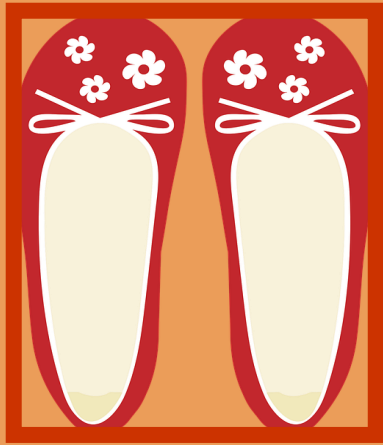
**After placing her shoes on the shelves, name & describe them on the SHOE TALK pages. Some may be the same; others will be new shoes.**



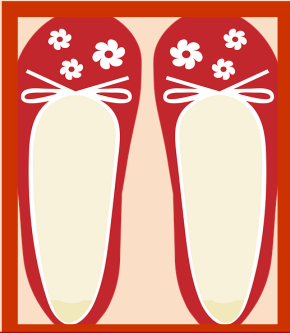
# SHELVES OF SHOE TALK



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# SHOE TALK



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# SHOE TALK



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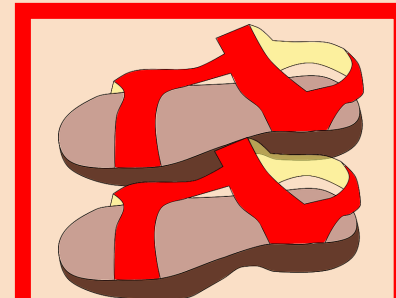
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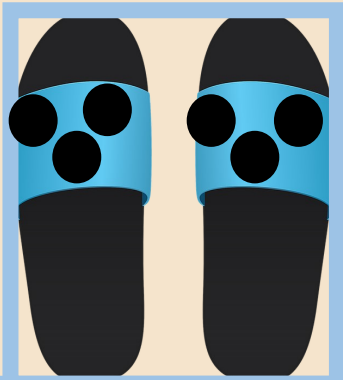
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# SHOE TALK



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## IMAGE CREDITS

front cover- Annalise Batista, Kristine Rosas

facial expressions-Daniel Roberts

gestures-7089643

shoe ~talk

intro boot-Elizabeth Leunert

shelves- Eduardo RS

sandals-Stux, J Juni, Open Clip Arts

crocs-7089643

slippers-7089643

red flats-Open Clip Arts

blue flats-Artsy Bee Kids

white walkers-Clicker Free Images

grey flats-Artsy Bee

rubber boots-Samuel Jimenez