



# HOME PERSONAL CARE AWARD



## PROJECT: MY APPEARANCE

### GOALS

- A. APPEARANCE TRUTHS:** Define key terms and read three verses about appearance.
- B. APPEARANCE CHALLENGE (OTHERS):** Complete the challenge.
- C. APPEARANCE CHALLENGE (PERSONAL):** Complete one of two.

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### A. APPEARANCE TRUTHS

- Appearance**—the combination of how you look and how you carry yourself in posture and body language.
- Posture**—how you hold your body when sitting or standing.
- BODY LANGUAGE**—the way you use your eyes, face and body to communicate.

#### Truth #1-Confidence in God's Love

God loves and adores us for who we are—we are His children! People of the world spend hours worrying about their clothes, hair, and appearance. How we look has nothing to do with our worth or value, but God does ask us to take care of our bodies. God calls our body a “temple” of God—His presence lives in us.

#### Truth #2-Don't Judge Others by Appearance

Instead of drawing conclusions about who people are by how they dress, we should instead see appearance, posture, and body language as “clues” to help understand people. If someone does not seem to be taking care of his or her body, or walks with sad or angry body language, this is a “clue” the person needs love and encouragement from God and us!

#### Truth #3-God's Word Gives Us Direction

Lookup the following verses to understand the truth.

- **Psalms 139:13.** What does this verse say about God's design for each person?
- **Romans 12:1.** What does it mean to offer our bodies as a “living sacrifice” to God?
- **1 Corinthians 6:19-20.** Who does your body belong to?

### B. APPEARANCE CHALLENGE (OTHERS)

Go to a park, mall, or outdoor area in your city and “people watch.” Bring a family member to help you. Find three people at the park, mall, or public area to observe. Don't stare, but observe from a bench or table nearby.

#### Step 1—Write Down Observations

For each person, record appearance, posture, and body language. Does the person communicate confidence, tiredness, or pride? Does he or she seem welcoming or hard to talk to?

#### Step 2—Describe Your First Impressions

Remember, body language and appearance gives “clues” about what people may think of themselves and what they value. Write your first impression of each person. You can observe someone's clues without judging them—remember your first impressions may be wrong.



## C. APPEARANCE CHALLENGE (PERSONAL)

Your face and body posture communicate more than you realize. Scientists have found that more than 80% of what is communicated to others happens through your voice tone, face, and body! If your words don't match your facial expression and tone of voice, people will believe your body more than your words!

*"When the eyes say one thing, and the tongue another, a practiced man relies on the language of the first."  
-Ralph Waldo Emerson*

Choose one of the 2 challenges that use your face and body to communicate.

### OPTION 1—Emotion Charades

Ask a family member or friend to help you play a round of charades. Think of several emotions in your head (e.g. sad, mad, scared, excited, peaceful, confused, etc.). If you want to involve more people, split into two teams.

1. Act out one emotion at a time. Do not make sounds or use words. The person helping you must guess what emotion you are presenting! Act out at least 5 emotions. They must guess the emotion correctly.
2. Switch roles, and have the other person act out at least 5 emotions as well. They must be new emotions you have not used yet. Guess all 5 correctly.

### OPTION 2—Variations on a Phrase

1. Pick a helper to interpret your words and facial expression.
2. Pick a phrase such as: *Nice to meet you; You are so interesting; or I love you, etc.*
3. Act out each of the expressions below. Follow the instructions carefully to know how to say the phrase, to use your eyes, and position your body.
4. Your partner will judge which of the 3 variations one the following page is the **most convincing**.



- **Expression 1**

*Voice Tone:* State your phrase in a flat, bored voice.

*Eye contact:* Don't look your partner in the eye. Look at the floor, or anywhere else.

*Posture:* Shoulders are down, hands are in your pockets.

- **Expression 2**

*Voice Tone:* Say your phrase and an overly excited, loud voice. Be 'over the top' with enthusiasm.

*Eye contact:* Look your partner in the eye too long; stare.

*Body:* Stand straight, talk with your hands, have a really large smile on your face, jump with excitement.

- **Expression 3**

*Voice Tone:* Say your phrase in a kind voice. Be excited, but speak in a medium voice.

*Eye contact:* Look your partner in the eye, but do not stare.

*Posture:* Stand tall, place one hand on their shoulder, and smile.

### **RESEARCH MORE**

- *Molly Moccasins-Body Language* by Victoria Ryan O'Toole
- Go to your local library for books on nonverbal communication.
- Talk to a trusted friend or mentor and ask for feedback on your body language and skills using your face, stance, eye contact, and posture.

*My child has successfully completed the Project Goals for the topic—**My Appearance**.*

Adult Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*(Complete SIX projects to earn your PERSONAL CARE award)*