

MOST POPULAR COURSE

# Children: Behavioural Skills & Body Language

Help your child build confidence, communicate better, and shine in every situation.

"Build Confidence. Express Better. Shine Naturally."

Have you ever noticed how some children confidently walk into a room, make friends easily, and express themselves clearly? The secret is not just what they say — it is also **how they communicate through body language**.

Body language is the way we communicate without using words. Our facial expressions, posture, eye contact, gestures, smile, and tone of voice all send messages to the people around us.

The **GroomX Behavioural Skills & Body Language Course for Children** is specially designed to help young learners develop confidence, positive communication habits, social skills, and a strong personality through fun activities, games, role plays, and interactive learning.

By the end of the program, children will feel more comfortable speaking to others, presenting themselves confidently, and interacting positively with the world around them.

11

ACTIVITY-BASED MODULES

500+

STUDENTS TRAINED

100%

PERSONALIZED FEEDBACK

★4.9

AVERAGE RATING

## Why Choose This Course

**Build Confidence & Self-Expression**

Help children express their thoughts and feelings confidently.

**Improve Communication Skills**

Teach children how to communicate clearly and effectively with others.

**Develop Positive Body Language**

Learn good posture, eye contact, gestures, and confident movement.

**Enhance Social Skills**

Help children make friends, interact comfortably, and build relationships.

**Understand Emotions Better**

Teach children to recognize emotions through expressions and body language.

**Create Positive First Impressions**

Help children learn how to greet others confidently and politely.

# What You Will Learn — Module Outline

---

This program has 11 carefully designed modules that build step by step.

- 1

**Understanding Body Language — Basics and Importance**  
Children learn what body language is and how people communicate through facial expressions, eye contact, gestures, posture, and tone of voice.
- 2

**Facial Expressions — Understanding Emotions and Reactions**  
Children learn to recognize emotions such as happiness, sadness, anger, surprise, fear, and excitement, and how their own expressions affect communication.
- 3

**Eye Contact — Building Confidence**  
Children learn when and how much eye contact is appropriate, and how it builds trust and connection.
- 4

**Smile Factor — The Power of a Positive Expression**  
Children learn the importance of a natural smile in creating positive impressions and appearing friendly and approachable.
- 5

**Posture and Movement — Standing, Sitting and Walking with Confidence**  
Children learn correct standing and sitting posture and confident walking habits that improve self-esteem.
- 6

**Gestures — Understanding Hand and Body Movements**  
Children learn positive hand gestures and appropriate body movements while avoiding distracting habits.

**7 Voice Modulation — Tone, Clarity and Expression**

Children learn to speak clearly, use the right tone, control volume, and express emotion through speech.

**8 Poise and Confidence — Building Overall Presence**

Children build a positive self-image and overall confidence through self-awareness activities.

**9 Social Skills — Greetings and Introductions**

Children learn to greet politely, introduce themselves confidently, and start conversations.

**10 First Impressions — Creating Positive Interactions**

Children learn how to greet others confidently and create positive impressions in school and social settings.

**11 Practical Sessions — Guided Activities and Practice**

Children apply everything they have learned through interactive games, role plays, and group activities.

## Skills Your Child Will Gain

✓ Communicate more confidently

✓ Use good posture and body language

✓ Make positive first impressions

✓ Speak clearly and confidently

✓ Maintain positive eye contact

✓ Understand emotions better

✓ Improve social interaction skills

✓ Build stronger friendships

# Who Is This Course For?

**Shy or Reserved Children**

Children who feel nervous speaking or interacting with others.

**Students of All Ages**

Children who want to improve confidence and social interaction.

**Parents Seeking Holistic Development**

Parents who want their children to develop strong interpersonal and behavioural skills.

# Frequently Asked Questions

**What age group is this course designed for?**

The course is suitable for school-age children and young learners.

**Is this course suitable for shy children?**

Yes. The program is designed to gradually build confidence in a supportive environment.

**Will children participate in practical activities?**

Yes. The course includes games, role plays, group exercises, and interactive activities.

**Does the course help with public speaking?**

Yes. Children learn confidence, voice modulation, communication, and presentation skills.

**Can body language skills improve confidence?**

Absolutely. Positive body language often leads to increased confidence and better communication.

**Is prior experience required?**

No. The course is beginner-friendly and suitable for all children.

## What Our Students Say

★★★★★

"My son became much more confident after attending this course. He now introduces himself confidently and participates more actively in school."

**Neha S.**  
Parent

★★★★★

"The activities were fun and engaging. My daughter learned valuable communication skills while enjoying the sessions."

**Rahul K.**  
Parent

### Ready to Help Your Child Shine?

Give your child the confidence, communication skills, and positive personality traits that will benefit them for life through GroomX.

**Call us: 9036111000 | Visit our office in Bangalore anytime**