

Name \_\_\_\_\_

Date \_\_\_\_\_

## What Your Actions Reveal

**Introduction:** Movements of the body help us express ourselves to others. Posture often communicates our true feelings better than words. Body language is a general indicator and should not be considered by itself. Yawning may not indicate indifference - it may indicate a lack of sleep.

**Some positive gestures** that indicate friendliness, calmness, openness, receptiveness, confidence are: open palms, smiles, good eye contact, arms loosely crossed on chest, open arms, arms out, leaning toward the speaker, leaning back, hand in pocket, thumbs and fingertips touching.

**Some negative gestures** that indicate anger, sadness, nervousness, indifference, uncertainty are: tapping, wringing hands, clearing throat, closed fist, restlessness, no eye contact, arms folded tightly on chest, lips pressed together, yawning, leaning head on hands, scowling, pouting.

**Other gestures**, positive and negative include: waving hands to attract attention, hands held out flat to indicate "stop," shaking finger to "scold," and thumbs up to indicate approval.

**Directions:** Answer the questions below.

1. How can a person improve his/her communication skills by being aware of his/her body language?
  
2. Monitor your body language for the class period. What gestures do you use in a positive way? In a negative way?
  
3. As a general rule, do your body language and your verbal communication agree? If not, what can you do to improve?

