



Body Language - Worksheets

Discussion task - Body language

Ask and answer these questions.

1. What is body language?
2. What and how do you think we can communicate without words?
3. Which of these things do think has the most impact on the how we communicate?
 - Words
 - Tone of voice
 - Gesture
 - Facial expression
 - The way we sit or stand
4. How conscious are you of your own body language?
5. Do you think men or women are more conscious of body language? Why?
6. Do you think you are able to read other people's body language?

Reading task - Exploring body language

Look at the infographic at: <http://tinyurl.com/grmsxhd> and try to answer these questions.

1. What do these statistics refer to?
 - 11%
 - 7%
2. Which body postures communicate each of these messages?
 - Defensiveness
 - Frustration
 - Disinterest
 - Boredom
 - Aggressiveness
 - Impatience



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Discussion task - Using body language

During this discussion try to adopt either a positive or negative posture and see how it effects the other people in your group.

Ask and answer these questions.

1. What surprised you about the information in the infographic?
2. Is there any information in the graphic which you think may not be true?
3. Who would you like to share the information in the infographic with? Why?
4. How could you use what you learned from this infographic?
5. Do you make any of the negative body postures? When?
6. Can you see anyone who is using a positive body posture now?
7. Do you think body language is the same for all cultures and nationalities?
8. Do you think your posture is having an impact on your communications now?
9. How can you be more aware of your own and other people's body language in future?

Online research task - Checking sources

Check the statistics in the infographic and see if you can find sources to support or contradict them.

Find the original sources of the information quoted in the infographic itself and see if they really exist.

Use a search engine to try to find other sources which either support or contradict the information in the infographic.

Try to find at least two additional sources that either contradict or support the information.

Make sure you take notes of the sources and the information they offer.

Include:

- URL
- Name of publication
- Author's name
- Date of publication
- Your opinion about the credibility of the source.



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Social research task - Researching body language

Search online and find 5 images of different people showing the different postures from the infographic.

- Think about how you can use these to create a questionnaire that will test people's ability to read the body language of these people.
- Create your questionnaire using <https://www.typeform.com/>
- Share your questionnaire on social media.
- When a reasonable number of people have completed the questionnaire build an infographic to show your results.
- You can use one of these tools to create your infographic:
 - <http://www.draw.io/>
 - <https://www.canva.com/>