

Bryan Hewitt

4/5/16

Community Activity

## Learning Body Language

### Session #1:

- Students will learn about body language as a form of communication
- Students will learn why proper body language is important for success in today's Society

### BODY LANGUAGE LESSON

Teachers may have students read it themselves, or use the lesson for your own body language communication lesson.

Discuss the following points:

1. When you meet someone for the first time, how do you greet him or her?
2. Do you use the same greeting for men as for women?
3. How do you greet a friend of the same gender as yourself?
4. How do you greet a friend of the opposite gender?
5. How do you greet members of your family: children, adults or old people?
6. Describe three gestures you use frequently and say what they mean.
7. How would you expect the following people to dress?
  - a dentist
  - a bank manager
  - a teacher a shop assistant
  - a secondary school student
8. Which gestures are impolite in your culture?

## **Facts:**

When we communicate with other people it is not only our words that contain the meaning. On the contrary, it is said that words are 7% effective, tone of voice is 38% effective and non-verbal clues are 55% effective. By non-verbal communication we mean facial expression; gestures with hands, arms, legs; the way we sit or stand; the way we touch other people; the distance we keep between ourselves and the people we are talking to; our dress and our appearance. These all communicate a message to other people

## **Session #2:**

We will make our own emotional bingo cards and play together as a group for snack or any down time we have as a group in our snack rooms.