

Bellwork

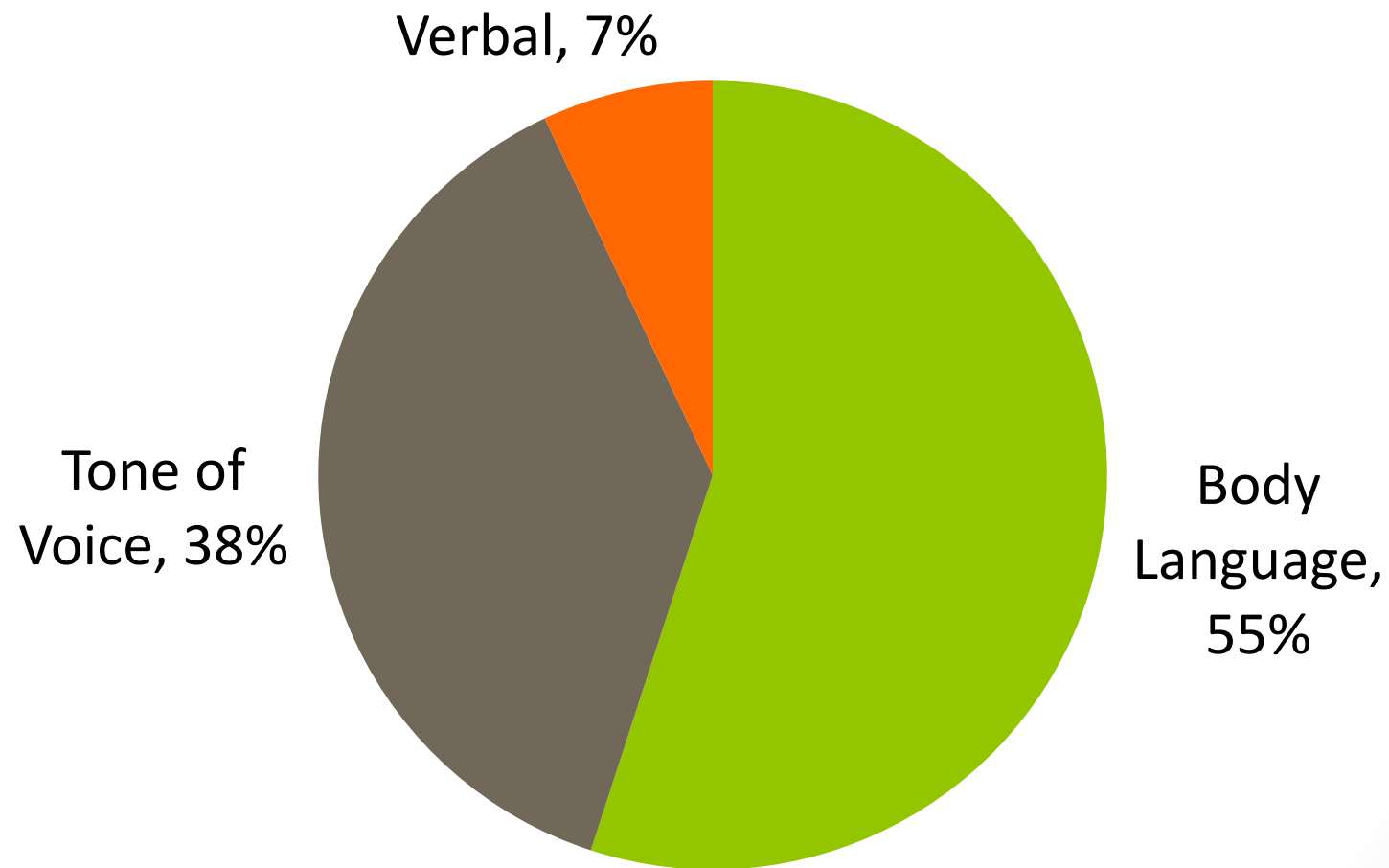
- Complete the Self-Appraisal Communications Survey
- On my desk.

Body Language

Introduction

- 93% communication is non verbal:
 - Body Language 55%
 - Tone of Voice 38%
 - Verbal 7%

Communication



Body Language

- Used without thinking (unconsciously) to communicate to another person
- Constant drop clues about what is going in our head
 - Sometimes without even knowing it

Tone of Voice

- Emotions are given away not by what people are saying it but how they say it
- Example
 - Speaking loudly in short sentences can show aggression
 - Speaking gently and smiling can show caring

Worksheet 1

- Identify how body language is being used in the pictures
- Examine facial expression, gestures, body position, and mirroring
- Mirroring – when two people are in tune with each other they will often mirror each others body language
 - When out of tune with one another body language will not match and make a conversation uncomfortable













Worksheet 1

- What other situations do we use body language?
- Write your ideas at the bottom of Worksheet 1.

Worksheet 2

- Group of 4, 2 people will act & the other 2 will fill out worksheet. Then swap.
 - Each person draw an emotion and use your tone of voice and body language to demonstrate the emotion.
- Aggressive
 - Nervous
 - Flirty
 - Lazy
 - Shy
 - Confident
 - Bored
 - Superior
 - Caring

Worksheet 3

- Role play for class
- What has been happening to Greg?
- How has Greg been feeling?

Listening...

- How often do you normally listen for feelings as well as facts?
- Do you pay attention to non-verbal language such as body language and tone of voice to listen for feelings?
- How do you think you could improve your own listening skills?

Reflection...

- What feeling are you portraying?
- How do you look?
- How do you sound?