

ARISE BRAIN FOOD

THE RIGHT STUFF & MONEY MATTERS

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50 TIPS FOR NONVERBAL COMMUNICATION

50 TIPS FOR NONVERBAL COMMUNICATION

BODY LANGUAGE...

1. Allows you to learn more about other people.
2. Reveals a person's "true" characteristics, attitudes, and feelings.
3. Is spontaneous and sincere.
4. Includes gestures of the face, eyes, hands, and feet (just to name a few).
5. Can control the flow of conversation.
6. May repeat, deny, intensify, or emphasize verbal communication.
7. Provides feedback.
8. Provides information.
9. Expresses intimacy through distance, eye contact, or facial expressions.
10. Allows you to demonstrate personal power.
11. Can be used to attract other people.
12. Varies according to culture, sex, age, and personality.
13. Shows how a person really feels about someone.
14. Can be manipulated to disguise a person's true motives.
15. Can communicate discrimination.
16. May be the same in different cultures when showing joy, anger, etc.

BODY LANGUAGE...

17. Includes unconscious actions like a knee-jerk or yawn.
18. Is used to communicate an emotional message to the outside world.
19. Can be used to break through defenses.
20. Sends and receives messages.
21. Sends unconscious messages.
22. Can invade someone's "space."
23. Can be used to defend personal space.
24. Can present a face to the world that is not your real one.
25. Is combined with clothing and image to carry a message.
26. Determines if a smile is a sign of humor, pleasure, apology, or defense.
27. Can overrule the "masks" people wear.
28. Is not easily expressed by everyone.
29. Emphasizes messages sent through the eyes.
30. Can determine if someone is actually listening to what is being said.
31. Can be genetic or learned, like the way someone crosses his arms.
32. Is *mostly* learned.
33. Should be used to determine behavior, not personality or character.

THE EYES HAVE IT

Look at the eyes below. Write what each pair of them expresses.







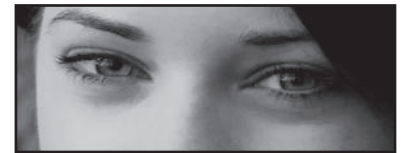






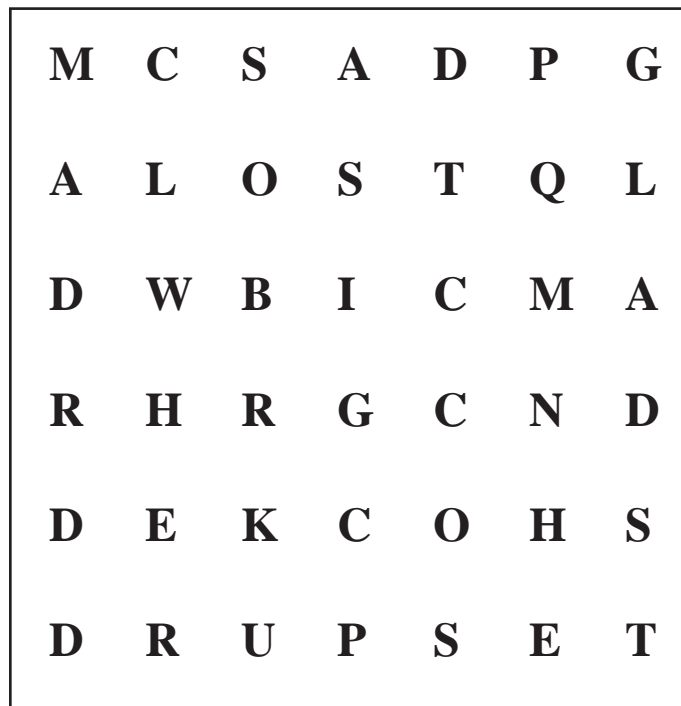






SENDING NONVERBAL MESSAGES

Find each of the nonverbal messages listed in the word bank in the puzzle below. The words may be horizontal, vertical, diagonal, or backward. (Answers are on page 92.)



WORD BANK

Sad
Shocked
Upset

Glad
Tired

Mad
Lost

YOU OUGHT TO BE IN PICTURES!

Instructor: Randomly choose students to be actors. Have each pick an emotion card and act out the word printed on it. The rest of the students will try to guess what emotion the actor is showing.

Excited

Bored

Angry

Interested

Happy

Sad

Tired

Frightened

Surprised

Silly

