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EC10. Body Language

Student Name: _____ Student ID Number: _____

Instructor: _____ Level: _____ Date: _____

For media links in this activity, visit [the LLC ESL Tutoring website for Upper Level SDLAs](#). Find your SDLA number to see all the resources to finish your SDLA.

Section 1: Introduction

Have you ever played charades? Charades is an acting game in which one player *acts out* a word or phrase, and the other players guess the word or phrase. The goal is to use physical rather than verbal language to communicate meaning to the other players. [Watch how the actors from the TV show *Modern Family* play charades.](#) How do they use their bodies to communicate?



You may not realize it, but just like the actors in *Modern Family*, your body can communicate messages without even speaking. In fact, to be an effective communicator, it is important that you not only have good speaking skills, but it is also important that you use body language appropriately. Body language is sending messages to other people with the movements of your body. What are some ways that you can communicate with people other than talking? Write your ideas below:

Did you know? – 60-80% of communication is non-verbal!!!

There are many different messages that we can send a person with our body language. Some of the most important types of body language include:

1. Personal space
2. Eye contact
3. Facial expressions

Why do you think it is important to learn how to use appropriate body language in a conversation?

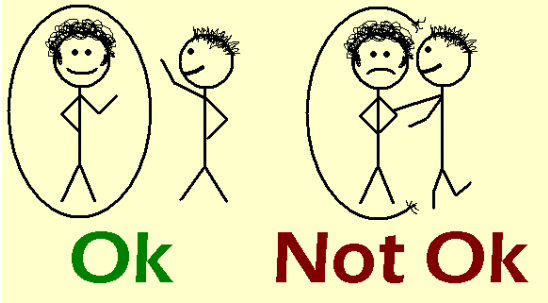




Section 2: Types of Body Language

A. Personal Space

Watch the Section 2 Video about personal space (the distance you maintain between yourself and the people around you).



Answer the following questions:

- 1. What is happening in this video? How do the people in the video feel? Why?

- 2. Is personal space valued differently in your culture? How so?

It is important to remember that every culture uses different body language. You should remember that what is appropriate in the United States, might not be appropriate in your culture. For example, in the U.S., we value our personal space. As you saw in the video, it can make people very uncomfortable when someone they don't know gets too close.

B. Eye Contact

Why do you think eye contact is important in the U.S.? Is eye contact important in your culture?

Eye contact is important in North American culture because it shows that you are interested in what the other person is saying. It also shows that you respect and understand the other person. Eye contact can also be used to express affection, attraction, and anger. On the other hand, lack of eye contact may show boredom, low self-confidence, and deceit. What messages are their eyes communicating in these pictures? Write the message each picture below is sending (e.g., respect, interest, low-self-confidence, etc.)



1. boredom



2.



3.



4.





C. Facial Expressions

The human face is extremely expressive, and it can express many emotions without saying a word. Unlike some forms of body language, facial expressions are universal. The facial expressions for happiness, sadness, anger, surprise, fear, and disgust are the same across cultures. Insert a picture of a facial expression in each box that matches each emotion below. The first one has been done as an example. Be as creative as you would like.

Happiness



Sadness

Anger

Surprise

Fear

Disgust

It is important to remember that you can use your face to communicate, and you can also pay attention to other people’s facial expressions to help you understand the conversation better. We call this “reading people” – instead of reading words, you are reading people’s facial expressions. “Reading people” is an extremely useful skill when learning a language.

Images: Baunders, J. (2012). *Types of nonverbal communication and body language*.





Section 3: Reading Body Language

Step 1: [Watch the Section 3 video](#) from the TV show, *How I Met Your Mother*. The first time you watch it, play it with **NO** sound. Pay attention to the characters' body language (personal space, eye contact, and facial expressions). Try to understand the overall meaning of the video based on the body language you see. Write down what you think the overall meaning of the video is in the box below. Then write down how the body language helped you understand the meaning.



Overall Meaning

How do you know?

Personal Space:

Eye Contact:

Facial expression

Step 2: [Watch the video again](#). Play the video **with** sound. Write down the overall meaning of the video based on what the characters are saying.

Overall Meaning





How did the sound change your understanding?





Section 4: Student Self-Assessment

Complete this table BEFORE meeting with a tutor.

Communication Skill	I can't do this YET. 	I can do this WITH help. 	I can do this WITHOUT help. 	I can TEACH this to a classmate. 
I can use body language to communicate meaning.				
I can recognize how personal space can affect the comfort level of others.				
I can identify the emotions conveyed through eye contact.				
I can illustrate emotions through universal facial expressions.				
I can read body language to understand the overall meaning of a conversation				

Here are some words/phrases I need to practice.

Good Job!

Now make an appointment

with a tutor on the LLC ESL Tutoring Website

www.mtsac.edu/llc/passportrewards/llctutoring





Section 5: Practice with a Tutor!

Meet with a tutor and share this activity with the tutor. To make sure you understand how to read body language, you will discuss the chart you completed in section 3 with the tutor. You may also ask the tutor any questions that you might have.

Grading Rubric

Table with 4 columns: Possible Points, Need Practice (0-1 Point), Good Job (2-3 Points), Excellent Work (4-5 Points). Rows include Content, Skill: Speaking, and Oral Fluency.

*Students must receive at least 10 points to move on

Possible Points: _____ / 15

Tutor Comments:

[] Congratulations! Keep going.

You have successfully completed this SDLA and are ready to continue to the next.

[] Work on this more.

You have not yet mastered this SDLA. It is recommended that you complete it again.

Tutor Signature: _____

Date: _____

