

Name: _____

Body Language



Your gestures and non verbal language will convey both positive and negative messages to others. For each of the non verbal gestures below, determine if it's positive or negative (using a checkmark or an x in the box) and explain why each gesture is either positive or negative.

- Tapping fingers or feet.
- Rolling of eyeballs
- Watching the clock
- Avoiding eye contact and looking elsewhere
- Looking down
- Rubbing forehead
- Smiling meaningfully
- Smiling sarcastically
- Frowning
- Yawning
- Putting head down on hands
- Wringing hands
- Arms folded intently
- Leaning back
- Covering ears