Unit 1 Body Language

1 **Look at the gestures in the photos on the right. Match the speech bubbles to the gestures.**

1 Don't say a word!

2 I have no idea.

3 Not maths homework again!

4 Eeew!

5 For me? How lovely!



2 **Skim the following text and choose the most appropriate title. Then read the text in detail.**

a Understanding Body Language
b Police Officers Are Doing a Good Job
c Hidden Messages

How do you know when someone is lying to you? How can you tell that someone is really listening to what you are saying? The answer to these questions lies in body language. Body language refers to the way we move our bodies, make gestures or use facial expressions to help get our message across. Although many of us do not realise it, we are constantly using our bodies to send signals to each other which tell anyone watching what we are really thinking and feeling in any situation.

Many people need to be able to recognise certain types of body language in the jobs that they do. Police officers need to spot the signs that tell them when someone is feeling guilty, while teachers need to recognise when their students are interested or bored, attentive or confused. Politicians use positive body language signals and other non-verbal clues to make themselves appear truthful and trustworthy in order to get support.

It is not only professionals who use an understanding of body language to help them. Imagine you are going for a job interview. In Western cultures, walking purposefully into the room, smiling, sitting comfortably and using your hands to support your words all send the message that you are feeling positive and confident. However, walking nervously, not making eye contact, crossing your arms in front of your body and not using gestures give out the opposite message. So, in situations when your body language is very important, make sure the signals you are sending are really the ones you want others to receive.

Finally, if you want to know the answers to the first questions in this article, read on. Someone who is lying to you will look down to the left as they tell a lie, whereas someone who is interested in what you have to say often puts their head on one side as they are listening to you.

Source: www. members.aol.com/nonverbal2/diction1.htm