

True/False Statements

1. Body language is a form of non-verbal communication.
 2. Everyone interprets body language in the same way, regardless of culture.
 3. Folding your arms can make you appear approachable and friendly.
 4. Good posture can make a person seem more confident.
 5. Eye contact is always considered polite in every culture.
 6. Smiling is a universal sign of happiness across all cultures.
 7. Body language can sometimes be more powerful than spoken words.
 8. Nodding your head usually means agreement in most cultures.
 9. Crossing your legs shows that you are open to communication.
 10. Facial expressions like surprise or anger are often understood worldwide.
-

Body Language Quiz

Part 1: Understanding Body Language

1. **What is body language?**
 - a) A way of speaking with clear pronunciation
 - b) A form of non-verbal communication using gestures, facial expressions, and posture
 - c) A language spoken only in specific cultures
2. **Why is body language important?**
 - a) It replaces all spoken communication
 - b) It helps express emotions and support verbal communication
 - c) It is only important in formal settings
3. **What can good posture indicate?**
 - a) Confidence
 - b) Nervousness
 - c) Disinterest

Part 2: Cultural Differences in Body Language

4. **What does making eye contact usually mean in most Western cultures?**

- a) Respect and confidence
- b) Rudeness
- c) Confusion

5. **Which of the following is true about body language across cultures?**

- a) All gestures have the same meaning everywhere
- b) Some gestures can be interpreted differently in different cultures
- c) Facial expressions like happiness are never universal

Part 3: Interpreting Gestures

6. **What does folding your arms often signify?**

- a) Openness to conversation
- b) Being defensive or closed off
- c) Extreme happiness

7. **What does nodding your head generally mean?**

- a) Agreement or understanding
- b) Disagreement
- c) Confusion

8. **Why might smiling not always mean happiness?**

- a) Because people don't smile often
- b) Because it can sometimes hide nervousness or discomfort
- c) Because it means anger in some cultures

Part 4: Applying Knowledge

9. **What should you consider when interpreting body language?**

- a) The speaker's tone of voice
- b) The cultural background and context
- c) The time of day

10. **What is one way to use body language effectively?**

- a) Avoid making eye contact
- b) Stand or sit with good posture
- c) Cross your arms to seem professional