

# Body language

A) Match these actions to the appropriate body parts to form phrases related to body language.

- clench
- cross
- fold
- roll
- raise
- shrug
- drum
- shake
- tap

\_\_\_\_\_ your eyebrows

\_\_\_\_\_ your head

\_\_\_\_\_ your eyes

\_\_\_\_\_ your shoulders

\_\_\_\_\_ your arms

\_\_\_\_\_ your fists

\_\_\_\_\_ your legs

\_\_\_\_\_ your fingers

\_\_\_\_\_ your foot

B) The following sentences contain facial expressions. They show different emotions, choose from A-F.

A - PLEASURE

B - DISPLEASURE

C - CONTEMPT

D - PAIN

E - AMAZEMENT

F - BOREDOM

1. He winced when his friend trod on his injured foot.
2. She scowled at him from across the table. How could he be so rude?
3. As she yawned for the third time in twenty minutes, he realized it was going to be a long evening.
4. "No, thank you." He said, sneering at the offer of advice from someone he clearly thought was stupid.
5. "I think we have a deal." Jackson said. Sarah couldn't help grinning.
6. He stood there gaping. "How did you get here so quickly?"

C) Choose the correct word for each gap.

### Body language

What does your body language say about you? Are you even aware of it? We all have certain idiosyncrasies, for example, when some people are (0) \_\_\_\_ rest, they sit in quite a (1) \_\_\_\_ position, folding in on themselves, sometimes even (2) \_\_\_\_ their fists. This can make a person appear quite aggressive and can be (3) \_\_\_\_ for those around, which is not usually the (4) \_\_\_\_ effect. While some may simply (5) \_\_\_\_ their shoulders at giving the wrong impression, many people will feel that this belies their (6) \_\_\_\_ identity and won't want others to make (7) \_\_\_\_ judgements about them based on their body language. So, what can one do about it? While the way we present our bodies and faces is largely (8) \_\_\_\_, we can make an effort to monitor how we come across. We can check now and again that our 'resting' facial expression is closer to a smile than a (9) \_\_\_\_, and, unless we want to end (10) \_\_\_\_ with round shoulders as well as appearing closed and inaccessible, we should learn to hold our shoulders back and our heads up.

0 A by	B in	C at	D on
1 A hunched	B huddled	C humped	D cowered
2 A clinching	B clamping	C clutching	D clenching
3 A bewildering	B maddening	C disconcerting	D demoralizing
4 A yearned for	B desired	C coveted	D fancied
5 A raise	B shrug	C lift	D bounce
6 A core	B interior	C root	D essence
7 A all-inclusive	B brushing	C sweeping	D encompassing
8 A senseless	B insensible	C comatose	D unconscious
9 A scowl	B growl	C gape	D skulk
10 A off	B up	C out	D over