



Practicing non-verbal communication

We often use words to tell others what we're thinking and how we're feeling. But our words aren't the only thing we use to communicate. What we say with the way we move our bodies is called **non-verbal communication**.



Non-verbal communication is what you share without using words. For example, smiling and crossing your arms are two types of non-verbal communication.

Let's think about the connection between what our words say and what our bodies say. Speak the words and make the movements listed below. You can also try doing this in front of a mirror or with a group of friends.

Communication 1



- Say: "I'm listening to everything you're saying."
- Do: Cross your arms in front of your chest.

Communication 2



- Say: "I'm having a bad day."
- Do: Stand up tall and put your hands on your waist.

Communication 3



- Say: "I will reach my goals."
- Do: Cup your head in your hands.

Ask yourself...



- How did you feel about each combination of words and actions?
- Did any of the combinations feel uncomfortable? Why do you think they felt that way?
- How could you change the movements to better match your words?