**Body Language Reading Lab**

Part 1: Body Language

*Home*

Why do we need to be specific on how to interpret a spoken message?

How can our body language not match our words?

*Communication*

How has communication evolved?

What are channels when it comes to sending messages?

*Body Language*

How are we always communicating even when we don’t know it?

How much communication exists through body language?

*Intonation*

How can a message be added to words?

Why do we use uhms and ahs?

*Posture*

How can we communicate interest and respect?

What was the name of Julius Fac’s book?

*Touch*

How is intimacy expressed by touch?

What are some different examples of degree of touch?

*Distance*

Why is it important for people to have their own space?

What can distance signal?

Part 1: Answer Key

*Home*

We need to make it specific because messages can often be interpreted many different ways and we need to make sure people get the interpretation that we want.

For example, we may tell people that we are not angry but our eyes and other parts of our bodily expressions may say otherwise.

*Communication*

We started out with just a message and a sender/receiver but now everything is digital and not hand written.

Channels are the medium through which we send messages and can be anything from television, email, social networking, or even snail-mail.

*Body Language*

Our body always paints a picture and that can give an impression that we may not want.

Fifty-five percent of communication has body language.

*Intonation*

The main way of this is the tone of our voice and whether or not it matches the message that we are trying to send.

We use these parts of our speech because they give us a break to collect our thoughts and gain composure and make a good response like in a question for example.

*Posture*

Turning your body when someone talks and looking attentively can show a person that you are interested in what they are talking about.

Julius’ book was named *Kinesica*

*Touch*

Intimacy is often expressed by the intensity of the touch and the frequency of the touch based on how intimate the relationship is.

Some examples are the friendly shoulder pat, the stroke through the hair, and the arm around someone’s shoulder.

*Distance*

People need their own space because it makes them feel comfortable and also business needs space for their relationships.

Distance can signal the beginning and end of a conversation and also how intimate a relationship is.

Part 2: Presentation Skills and Body Language

*Website 1*

What is the most important part of your presentation?

How should gestures arise in a presentation?

*Website 2*

Why should you maintain eye contact?

Should you look at everyone the same amount of time?

*Website Three*

What can the direction of someone’s eyes tell you?

Can a person’s eyes really tell you if they are telling the truth?

Part 2: Answer Key

*Website 1*

The most important part of your presentation is you because you are the one who everyone is focused on, not your dazzling power point.

Gestures should arise in a presentation based on the circumstance and they must fit the circumstance, and your personality.

*Website 2*

Eye contact is necessary in a presentation because it tells the audience that you are connected with them and that you are not trying to speak over them and that you have interest in them like the one they should have in you.

When presenting you should consider your audience and spend equal time looking at each part of a room but if people look uncomfortable, take it into consideration.

*Website 3*

Directions of peoples’ eyes can often reveal what they are thinking and also what senses they might be engaging while they are thinking.

They can but it would require a very keen eye to pick that out.

Part 3: Student Discovered Websites

*Facial Expressions*

<http://face-and-emotion.com/dataface/expression/expression.jsp>

This website discusses the anatomy of facial expressions and what makes them tick. It talks about how facial expressions can express different emotions when trying to communicate with people and what messages could accidentally be sent. Then the website mentions some of the different databases and literature that scientists and psychologists use to identify what people are thinking by the look on their face.

*Body Stance*

<http://www.bodymindandmodem.com/Basics/posture.html>

This website talks about what proper body stance is. It talks about some of the effects that proper body stance and posture can have on people when making a first impression or when giving a presentation. It then goes into detail on how to achieve proper body posture or body stance and how it can help in a professional setting.

*Cultural Differences*

<http://www.bodylanguageexpert.co.uk/interesting-body-language-features-from-other-cultures.html>

This website examines some of the general yet fundamental differences in cultures around the world. It looks at different aspects of interactions such as kissing, shaking hands, and greeting. It also goes briefly into some of the very minor details of daily life that we may not think are that important but is important in other parts of the world. For example, in the Middle East, it is considered highly disrespectful to show the soles of your shoes, and that a Brazilian would take thumbs up sign that we use to say “OK”, as disrespectful.