

PART - 2

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BODY LANGUAGE

# What is Body Language ?

## Body language: Meaning

Language transmitted by gestures and postures

- How you stand
- How you move
- How you appear to people
- How you look at people
- How you sound.



# Aspects of Body Language

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- Attitude
- Facial expressions
- Eye contact
- Posture
- Gestures
- Movement
- Touch
- Appearance

# Why is Body Language is important ?

## Importance

- Learning to use **confident body language** can improve our job opportunities.
- Using appropriate body language can increase our **dating prospects**.
- Recognizing the significance of non-verbal gestures can help us better understand our **own feelings** or the **feelings** of others.
- Learning to interpret body language correctly can prevent **misunderstanding**.
- Body language can **convince** others to accept what we have to say.

# YOUR EVERY MOVE HAS A MEANING

IT'S WHAT YOU **DON'T SAY** THAT COUNTS!



LEARN TO **READ AND INFLUENCE** PEOPLE THROUGH **NONVERBAL COMMUNICATION.**

# How ?

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- **Firstly , students will be given few tasks and through observation and a video certain conclusions will be made and will be worked upon.**
- **Students will be made aware of ideal body postures.**
- **Students will be trained through various tasks.**
- **Students will be assessed by giving practical tasks.**

# Activities

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Acting Exercise: Impromptu Delivery

Body Language Exercise: Write the Gestures

Body Language Exercise: Observe People in Everyday Situations

Body Language Exercise: How to Slow Down Your Fast Talking Habit

Body Language Exercise: Guess the Initial Mood

The Butterfly Effect

Acting Exercise: Act For Your Group Until You Win