



EURÓPSKA ÚNIA

Európsky sociálny fond
Európsky fond
regionálneho rozvoja



OPERAČNÝ PROGRAM
ĽUDSKÉ ZDROJE



MINISTERSTVO
ŠKOLSTVA, VEDY,
VÝSKUMU A ŠPORTU
SLOVENSKEJ REPUBLIKY

LET'S SPEAK ENGLISH

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Tento projekt sa realizuje vďaka podpore z Európskeho sociálneho fondu a Európskeho fondu regionálneho rozvoja v rámci Operačného programu Ľudské zdroje.“

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Body language



- How important are hands in non-verbal communication
- Have you ever experienced a misunderstanding related to body language?

Vocabulary and idioms

Nouns	Adjectives	Verbs
Non-verbal communication	Relaxed	Nod
Body language	Nervous	Stare
Eye contact	Confident	Slouch
Gesture	Bored	Fidget
Handshake	Vulgar	Shake hands
Posture		Gesticulate
Reaction		Insult

Idioms

- **To make the first move** – to be the first to try to start a romantic relationship with someone
- **To keep one's fingers crossed** - to wish for luck for someone or something, sometimes by actually crossing one's fingers.
- **Actions speak louder than words** - What you do is more significant than what you say

Phrasal Verbs

- **Wave off** - When you wave somebody off, you wave to them as they leave
- **Wave down** - When you wave a vehicle down, you wave your hands to make it stop.
- **Bow down** - To bend one's knee or body, or lower one's head

- **What Is Body Language?**

- Put simply, body language is the unspoken element of communication that we use to reveal our true feelings and emotions.
- It's the relaxed facial expression that breaks out into a genuine smile – with mouth upturned and eyes wrinkled. It can be a tilt of the head that shows you're listening, sitting or standing upright to convey interest, or directing attention with hand gestures. It can also be taking care to avoid a defensive, arms-crossed posture, or restlessly tapping your feet.
- When you can "read" signs like these, you can understand the complete message of what someone is telling you. You'll be more aware of people's reactions to what you say and do. And you'll be able to adjust your body language to appear more positive, engaging, and approachable.

- Body Language for a Good First Impression
- These tips can help you to adjust your body language so that you make a great first impression :
 - Have an open posture. Be relaxed, but don't slouch! Sit or stand upright and place your hands by your sides (see Figure 7). Avoid standing with your hands on your hips, as this can communicate aggression or a desire to dominate (see Figure 8).
 - Use a firm handshake. But don't get carried away! You don't want it to become awkward, aggressive, or painful for the other person.
 - Maintain good eye contact. Try to hold the other person's gaze for a few seconds at a time. This will show them that you're sincere and engaged. But avoid turning it into a staring contest! (See Figure 9).
 - Avoid touching your face. If you do while answering questions, it can be seen as a sign of dishonesty (see Figure 10). While this isn't always the case, you should still avoid fiddling with your hair or scratching your nose, so that you convey trustworthiness.

Conversation questions

- Do you think body language is important?
- How does body language help communication?
- Are you aware of your own body language?
- Do you notice other people's body language?
- What are some typical hand gestures in your culture?
- Can you think of any gestures that are common across all cultures?
- Can you understand something about a person's personality by looking at their body language?
- What do you think it means when a person fidgets?
- What does it say about a person when they cross their arms?
- What do you think it means when a person stands with their hands on their hips?
- Do you have any body language you would like to change?
- Some people say "you can know a person by their handshake". Do you agree?
- Do you think body language is different in other cultures?
- What type of eye contact do you think is good?
- Does your eye contact change according to the situation?
- How do you feel if someone doesn't give you eye contact?
- How do you feel if someone stares at you?
- What body language does a person who is bored show?
- What body language does a person who is nervous show?
- Is body language different between men and women?
- Do you try to use body language when you communicate in English?
- Do you agree that actions speak louder than words?

How to think in English



4 THINGS YOU
NEED TO DO

EVERY DAY

to quickly improve
your English!



How to introduce yourself



English phone conversation



Fluent English for TRAVEL



English for at the restaurant



Job interview



Learn English with Friends





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