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Nonverbal Communication

Interpersonal communication is much more than the *explicit* meaning of words, the information or message conveyed. It also includes *implicit* messages, whether intentional or not, which are expressed through nonverbal behaviors.

Non-verbal communications include facial expressions, the tone and pitch of the voice, gestures displayed through body language (*kinesics*) and the physical distance between the communicators (*proxemics*).

These non-verbal signals can give clues and additional information and meaning over and above spoken (verbal) communication. Feelings are often communicated through body language.

Types of Nonverbal Communication

The types of interpersonal communication that are not expressed verbally (with speech) are called non-verbal communications.

There are many different types of nonverbal communication.

They include:

- **Body Movements (*Kinesics*)**, for example, hand gestures or nodding or shaking the head;
- **Posture**, or how you stand or sit, whether your arms are crossed, and so on;
- **Eye Contact**, where the amount of eye contact often determines the level of trust and trustworthiness;
- **Para-language**, or aspects of the voice apart from speech, such as pitch, tone, and speed of speaking;
- **Closeness or Personal Space (*Proxemics*)**, which determines the level of intimacy;
- **Facial Expressions**, including smiling, frowning and even blinking; and
- **Physiological Changes**, for example, sweating or blinking more when nervous.

This video does a good job of breaking down different examples of non-verbal communication in social situations, but remember this is also a critical skill to master for the workplace to ensure clear communication!

Having viewing issues? Click here to view in full screen> <https://www.youtube.com/watch?v=OvEci5Bigd4>

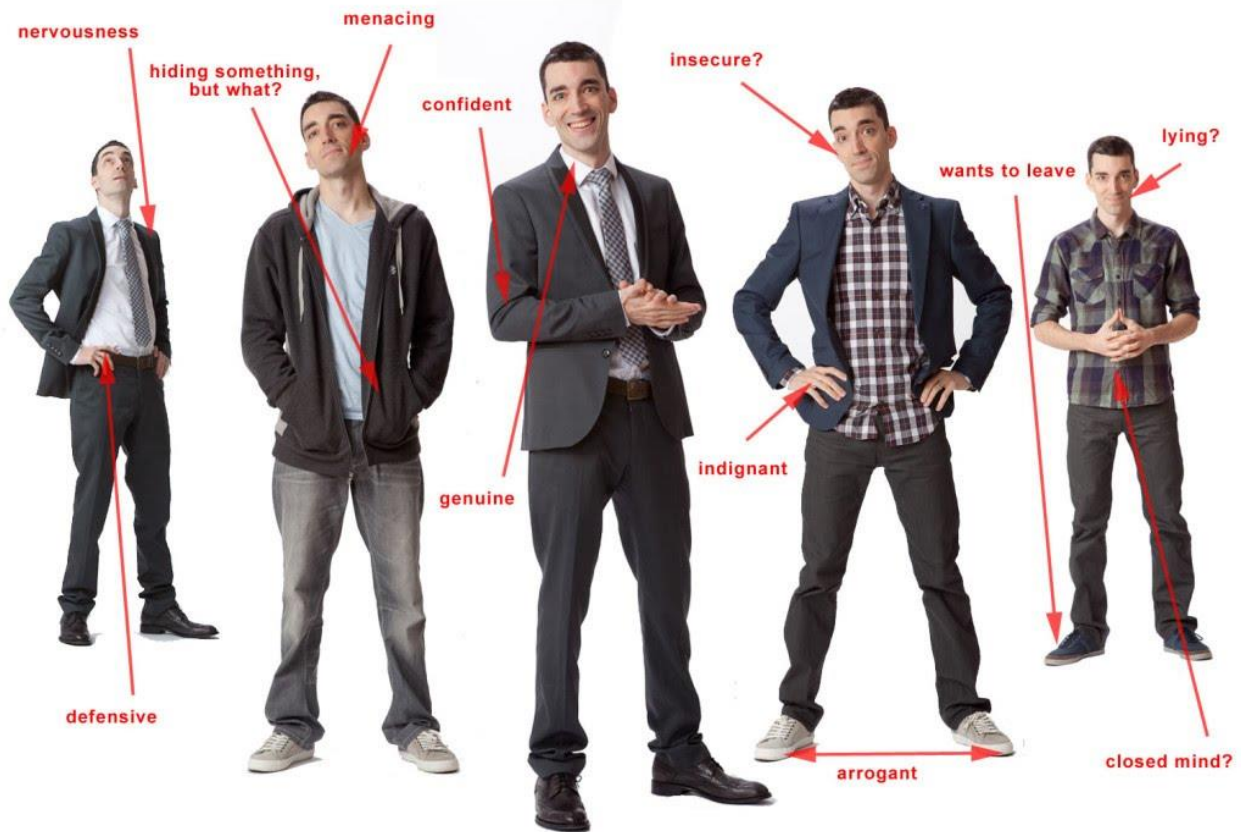
Time to Act it Out with Charades!

The objective of the game is to guess what object, person, character, movie, TV show or book your teammate is acting out **WITHOUT TALKING OR MAKING ANY SOUNDS**.

- Divide class into two teams. Keep score on the board.
- One person from Team A comes up and looks at their word. They have one minute to act out their word without talking. Their team calls out answers until they guess the word being acted out. Point awarded.
- If time runs out before the word is correctly guessed, then the opposing team gets ONE guess to see if they know what it is. Point awarded.
- Team B now gets a person to act out a new word and their one minute to guess.

- Use this great charades generator to select different words based on level and topic:
<http://www.wordgenerator.net/charades-generator.php>

What Is Your **Hidden Language** Saying?



What did you learn from this activity?

I learned how easy it is to read people's nonverbal cues. I never realized how much I communicate without saying a word. I can see how important these cues would be going into an interview where the interviewer is making a snap judgement usually in the first 30 seconds that will dictate how the rest of the interview goes. I also realized that sometimes I am not fully communicating how much I care about an issue or person based on my body position. Kind of scary when I think back on past events now...thanks a lot Mr. Haskin!

100/100

Feedback: Jude, I remember learning about this is class and thinking about the same thing. Our posture, eye contact, etc. says so much about who we are and what we are thinking. Great response