What are you saying without actually saying it? Nonverbal communication refers to gestures, facial expressions, tone of voice, eye contact (or lack thereof), body language, posture, and other ways people can communicate without using language. Reflect on how communicating non-verbally can be as effective as communicating verbally.

1. Take turns “saying” things non-verbally:

Examples:

* Looking at the ground
* Putting hands on hips
* Smiling
* Frowning

1. Provide non-verbal communication:

Examples:

* Scared
* Angry
* Amazed
* Nervous

1. Circle the positive forms of non-verbal communication:

|  |  |
| --- | --- |
| Shocked expression at partner’s call (!)  Engaged posture  Eye rolls  Hands on hips | Smile  Confident posture  Calm demeanor  Slouching, standing on one hip |