## Worksheet One: Body Language and the Signals that it Sends

Use the following table to log down the body language that you have observed in the volunteers during their conversation.

|  |  |  |  |
| --- | --- | --- | --- |
| **Body Language of Volunteer A** | | **Body Language of Volunteer B** | |
| EXACT BODY LANGUAGE OBSERVED | SIGNALS THIS PARTICULAR BODY LANGUAGE SENDS | EXACT BODY LANGUAGE OBSERVED | SIGNALS THIS PARTICULAR BODY LANGUAGE SENDS |
| *Eye Contact:* |  | *Eye Contact:* |  |
| *Facial Expression:* |  | *Facial Expression:* |  |
| *Posture:* |  | *Posture:* |  |
| *Specific Movements:* |  | *Specific Movements:* |  |
| *Physical Contact:* |  | *Physical Contact:* |  |