## Worksheet Six: Sending Signals

People who are excellent communicators are sensitive to the power of the emotions and thoughts communicated non-verbally through signals. Again using the statements from the Gestures exercise, select a few and practice reinforcing your message through the use of **eye contact, posture, body movements, and tone of voice**. Share observations with your partner.

**Direction**

1. She jumped off the dock and sank straight down to the bottom of the lake.
2. We circled the airport for what seemed like hours until the fog lifted.
3. The car was headed south, toward the border.

**Size, shape, and description**

1. Lying in the pail was the biggest frog I’d ever seen. But before I could grab him…
2. On approach, the plane dipped before veering slightly to the right.
3. It is a large wheel, maybe the size of a salad plate. On one side, it has teeth designed to mesh on the shaft.

**Feeling and intensity**

1. I have tried to get the board to realize that this project is critical to the success of water system, but I have failed.
2. I was so excited when on my first visit; we finally landed in Hong Kong!
3. The team was so close to winning the pennant, but they just blew it. How much more can the fans take?