**Non-Verbal Communication**

**Module Companion**

**Directions:** *Answer the questions or do the activity in each box that corresponds to the Non-Verbal Communication module.*

**Non-verbal communication can be expressed in 3 ways. Write them below:**

**1.**

**2.**

**3.**

**Circle the examples of non-verbal cues below:**

Furrowing your eyebrows to show frustration.

Waving your arms to signal that you need help.

Shouting across a room to greet someone.

Scratching your head when you are confused.

Whispering to a peer to get their attention.

Turning your body away from someone.

**Why is it important to match your non-verbal cues to what you are saying?**

**It is important to use facial expressions when communicating with others and to interpret the feelings and emotions of others. Write about a time in your life when someone interpreted your facial expression accurately or when you interpreted the facial expression of another person accurately.**

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| **Making eye-contact when speaking to another person lets them know you are:**  **1.**  **2.** |

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| **Why is it important to look at someone’s eyes and face when talking to them?**  **Is eye contact easy or difficult for you?**  **If eye contact is difficult for you, what are some strategies you can do to help look at someone’s eyes and face when they talk?** |

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| **Posture refers to how we position and move our bodies. What does a positive and friendly posture look like? What does a closed posture look like? Write or draw your answers below:** |