

BODY LANGUAGE

Body language is a type of nonverbal communication in which physical behaviours, as opposed to words, are used to express or convey the information. Such behaviour includes facial expressions, body posture, gestures, eye movement, touch and the use of space.

Posture vs. Gesture

The difference between the two concepts comes in the action.

A posture is a pose using the body as its communicator while a gesture is a movement made to demonstrate an idea or sentiment.

Gestures use different parts of the body while a pose makes a larger movement involving the whole body, but still demonstrating a sentiment or adding meaning to the spoken word.

BODY GESTURES

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graph TD; A[BODY GESTURES] --> B[EMBLEMS]; A --> C[ILLUSTRATORS]; B --> D[Be used instead of words]; C --> E[Accompany words]
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EMBLEMS

Be used instead
of words

ILLUSTRATORS

Accompany
words

BODY GESTURES

ACTION	PART OF THE BODY	YOU ARE -----
hanging	head	ashamed
licking	lips	anticipating sth good, nervous
nodding	head	be agreed on/ about sth
raising	eyebrows	enquiring, surprised
shrugging	shoulders	doubtful, indifferent
stamping	foot	angry

'Animal gestures' are important as well. Most people are familiar with tail wagging from dogs as a sign of enjoyment while baring teeth is a sign or gesture of aggression.

BODY POSTURE

CLOSED

OPEN

MIRROR

Closed posture:

Closed is seen as a person guarding their space with arms folded, putting up a closed barrier with crossed legs and turning away from another person in conversation. Eyes can either be averted or a strong and challenging stare could be the mood of the pose.

Open posture:

Open posture is softer and more forgiving and gentle.

Hands are apart, arms resting in the lap or on the arms of the chair. In this form of posture there is an openness and interest in the other person, a willingness to listen.

Mirroring, when couples do the same thing, is a sign of mutual admiration. It is the signals that show the interest a loving couple show in each other. The mirroring of their actions shows a special bond and approval of one another.

Personal Space

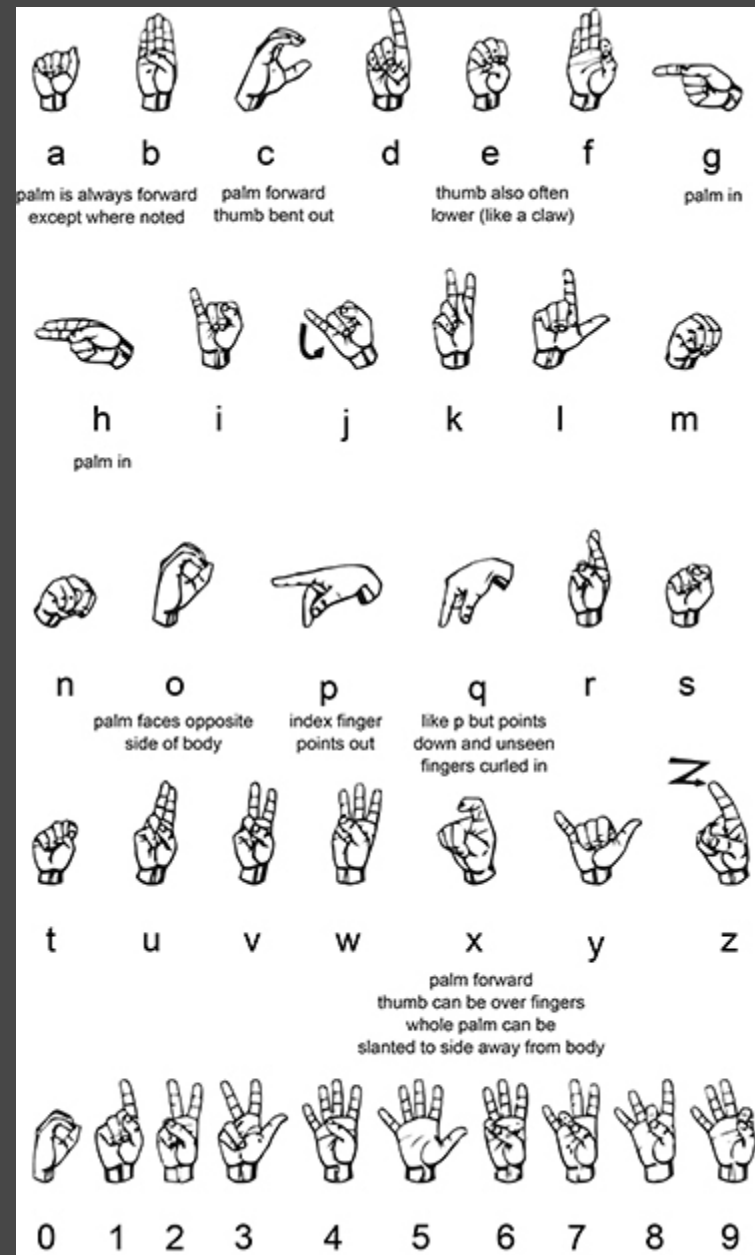
Personal space is an important part of posture. Many people do not like their personal space invaded.



Pantomime

The language is used by deaf people: (ASL)(=American Sign Language)

ASL is expressed by movements of the hands and face.



Mapping body postures and gestures help psychologists and other people interested in the signals sent out by body language. People are constantly sending out messages about themselves through their postures and gestures.



allauthor

Body language is a very powerful tool. We had body language before we had speech, and apparently, 80 of what you understand in a conversation is read through the body, not the words.

-Deborah Bull

Emblem (noun): something that represent a perfect example.

Wag (verb)(-gg-)

1- ~sth: if a dog wags its tail, its tail moves from side to side.

2- ~sth: to shake your finger from side to side as a sign of disapproval.

Avert (verb) ~your eyes/face (from sth): to turn your eyes, etc. away from sth that you don't want to see.

She averted her eyes from the terrible scene in front of her.

Lap (noun)[C] (usually singular): the top part of your legs that forms a flat surface when you are sitting down.

She sat with her hands in her lap.

Claustrophobia(noun)[U]: An extreme fear of being in a small confined place.

Agoraphobia (noun)[C]: an extreme fear of being in public places where there are many other people.

Pantomime (noun): a theatrical entertainment, late 16th century (first used in the Latin form and denoting an actor using mime)