

Body Language and Communication

Reading Worksheet — Level C | tahricteaches.com

We talk with words every day. But we also talk with our bodies. This is called body language. Your face, hands, and eyes can send a message. Sometimes your body says more than your words. People all over the world use body language.

Your face shows how you feel. A **smile** tells people that you are happy or friendly. When you are sad or angry, you might frown. A happy face makes other people feel good too. Your face can share feelings without any words.

You can also talk with your hands. A **gesture** is a movement with your hands or arms. You **wave** your hand to say hello or goodbye. You can point with your finger to show where something is. These small movements help people understand you.

Your head and body send messages too. When you **nod** your head up and down, it means yes. Good **posture**, like sitting up straight, shows that you are ready and polite. Slow, tired movements can show that you want to rest.

Eye contact is important in many places. When you look at someone's eyes, it shows that you are listening. But in some cultures, too much eye contact is not polite. Body language is not the same everywhere, so we must learn it and always be kind.

A. Vocabulary

- | | |
|-----------------------|--|
| 1. body language ____ | a. look on your face that shows how you feel |
| 2. gesture ____ | b. use your finger to show where something is |
| 3. smile ____ | c. way you hold your body when you sit or stand |
| 4. frown ____ | d. looking straight into another person's eyes |
| 5. nod ____ | e. unhappy face with the eyebrows and mouth turned down |
| 6. wave ____ | f. move your hand to say hello or goodbye |
| 7. point ____ | g. way we send messages with our face, hands, and body instead of word |
| 8. posture ____ | h. movement you make with your hands or arms to show meaning |
| 9. eye contact ____ | i. happy face with the mouth turned up at the sides |
| 10. expression ____ | j. move your head up and down to say yes |

B. True or False

- | | |
|--|---|
| ____ 1. Body language uses only words. | ____ 2. A smile can show that you are happy or friendly. |
| ____ 3. You wave your hand to say hello or goodbye. | ____ 4. A frown usually shows a happy feeling. |
| ____ 5. A gesture is a movement with your hands or arms. | ____ 6. Nodding your head up and down means no. |
| ____ 7. Eye contact can show that you are listening. | ____ 8. Body language is exactly the same in every culture. |

___ 9. Good posture means sitting up straight.

___ 10. Your face can show feelings without any words.

C. Fill in the Blanks

Word Bank: smile, wave, gesture, nod, posture, frown, point, expression

1. A _____ on your face shows that you are happy.
2. You _____ your hand when you say goodbye to a friend.
3. A _____ is a movement you make with your hands.
4. When you _____ your head up and down, it means yes.
5. Good _____ means you sit up straight and look polite.



D. Comprehension Questions

1. What is body language?
2. What does a smile tell other people?
3. Why should we be careful with eye contact?

E. Discussion Questions

1. What gestures do you use most often with your family and friends?
2. Do you think body language or words are more important? Why?



Answer Key

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A. Vocabulary: 1-g, 2-h, 3-i, 4-e, 5-j, 6-f, 7-b, 8-c, 9-d, 10-a

B. True/False: 1-F, 2-T, 3-T, 4-F, 5-T, 6-F, 7-T, 8-F, 9-T, 10-T

C. Fill Blanks: 1-smile, 2-wave, 3-gesture, 4-nod, 5-posture

D. Comprehension:

1. Body language is talking with our bodies, like our face, hands, and eyes, instead of only words.
2. A smile tells people that you are happy or friendly.
3. Because in some cultures too much eye contact is not polite.

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