

### **Facial expressions & head movements**

Choose one of the following and convey your opinion about it through your facial expressions and head movements

- Your hard drive on your computer just crashed
- You just watched your child take his/her first step
- You just got a hot bubble bath ready....and your husband tells you your chatty Aunt Lucy is on the phone

### **Eye Contact**

- Your child asks you if you've ever smoked a cigarette
- Your boss asks you if your overdue report is done – you know you need another two days to finish.
- Your 15 year old son tells you he has something really serious to talk with you about.

### **Posture & Gestures**

- You're watching and then you see your best friend coming off the train. She's recently moved to another city and she's coming to visit you.
- You're exhausted after a long day at work and you get in your car and your battery is dead.
- The principal at your child's school says your child can't go on tomorrow's field trip because it's too hard for the staff to watch over her. Your child has been excited about the field trip for months.

### **Physical Proximity**

Stand face to face with your partner at a distance of 3 feet. Talk to each other about your Thanksgiving plans. After 20 seconds, move one foot closer. Keep talking. After 20 more seconds, move one foot closer. You should now be 1 foot apart. Keep talking for another 20 seconds.

### **Touch**

- Shake the hand of someone you are really mad at.
- Reach out to a dear friend who recently lost her long time pet.
- Congratulate a teammate on a game won.