



# Body Language

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# Introduction

## + Definition

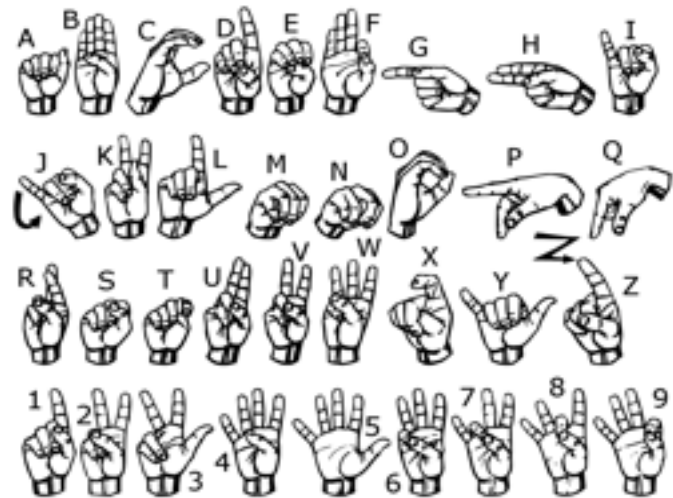
Body language is a type of non-verbal communication in which physical behavior, as opposed to words, are used to express or convey information.

## + Body language must not be confused with sign language

- Sign language is a full language

# Comparison

- + Body language
- + Sign language



# Physical expressions

- + Facial expression: Combinations of eyes, eyebrows, lips, nose and cheeks ( different moods )
- + Body postures: to show emotions (angry, fearful)
- + Gestures: movements made by the body parts
- + Handshakes
- + Breathing
- + Other types of physical movements

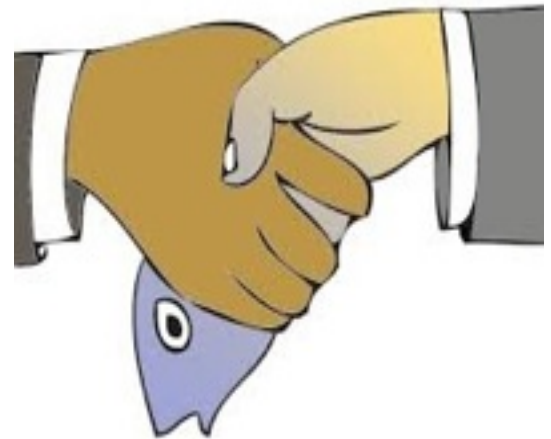
# Handshakes

- + Regular greeting rituals
- + Commonly done on meetings/greetings
- + Indicate the level of confidence and emotion level in people

- + Several styles:

- ◆ Finger squeeze
- ◆ Limp fish

Culturally dependent



# Breathing

- + Indicative of person's mood and state of mind
- + Deeper breathing makes an impression of confidence
- + Shorter/ rapid breathing makes an impression of anxiousness and nervousness





# Covering your mouth

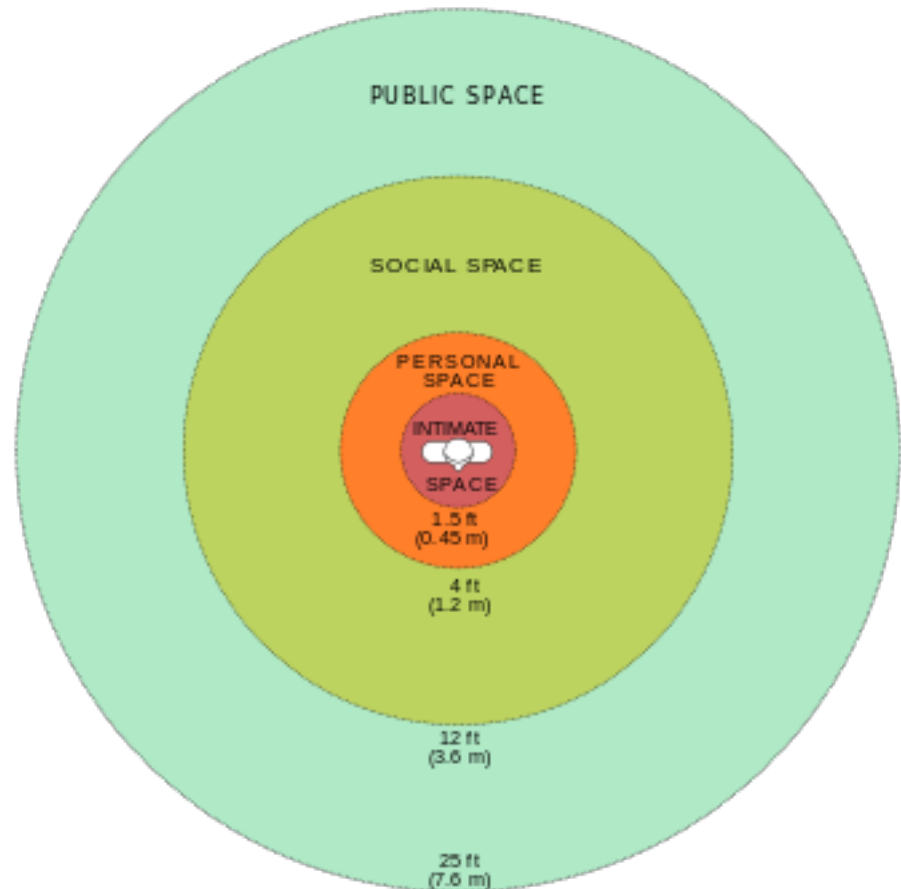
- + Suppression of feeling or uncertainty
- + People may be thinking hard or not sure what to say next





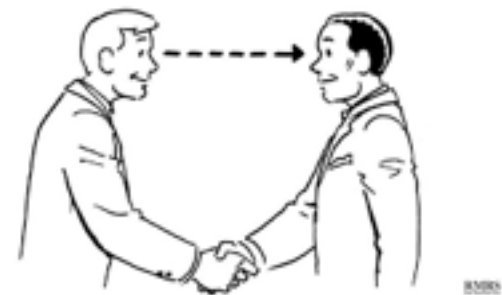
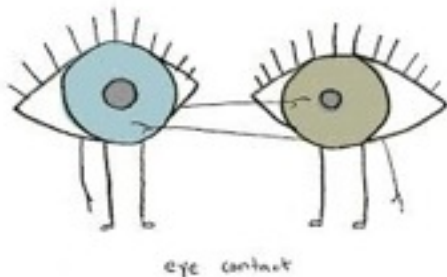
# Subcategories of body language

- + Oculesics
- + Haptics
- + Proxemics



# Oculesics

- + Social science that studies nonverbal communication focusing on deriving the meaning from eye behavior
- + Culturally dependent:
  - ◆ Anglo-Saxon- avoiding an eye contact means lack of confidence or certainty
  - ◆ Latino culture- prolonged eye contact means you challenge the individual/ have romantic interest



# Haptics

- + Study of touching and how it is used to communicate
- + Touching is the most developed sense at birth
- + Formulates our initial views of the world
- + Touching is used: to sooth, to flirt, for amusement during play, to express power, etc.
- + Touching carries distinct emotions and show the intensity of those



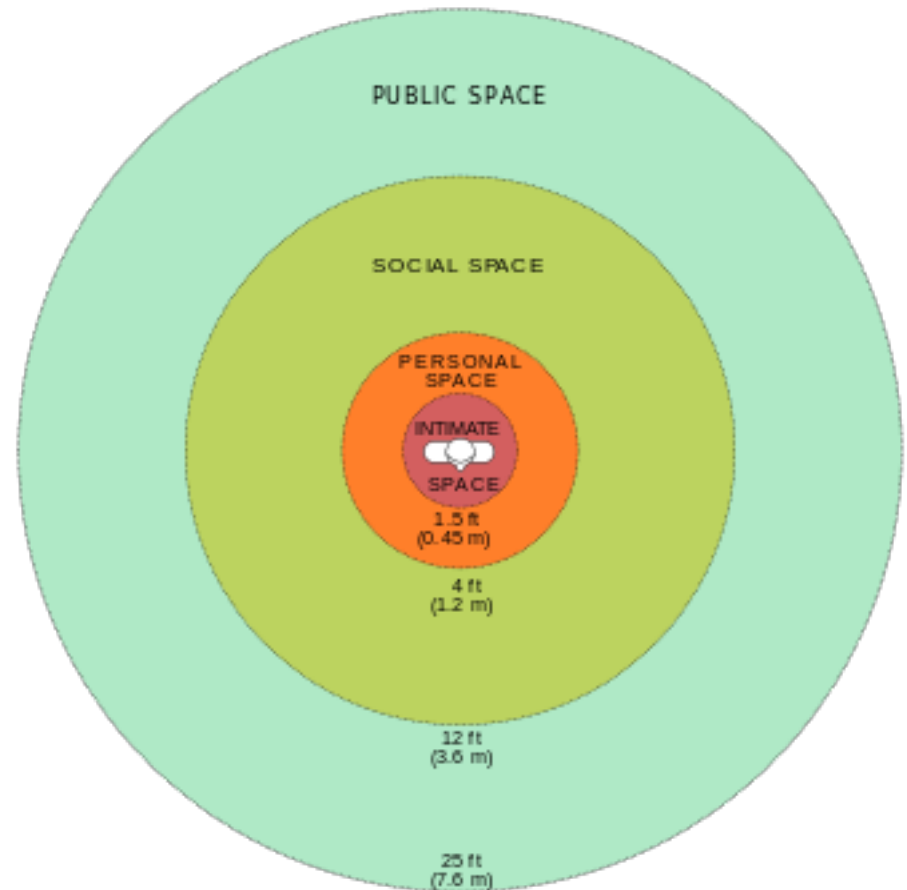
# Five haptic categories

- + **Functional/professional** which expresses task-orientation
- + **Social/polite** which expresses ritual interaction
- + **Friendship/warmth** which expresses good relationship
- + **Love/intimacy** which expresses emotional attachment
- + **Sexual/arousal** which expresses sexual intent

# Proxemics

Four distinct zones:

- + Intimate distance
- + Personal distance
- + Social distance
- + Public distance



# Tone of Voice and Applications

Combination of spoken language and body language.  
Way of saying something, changes meaning/interpretation.  
Ex: Shouting, whispering, sarcasm/irony, calmly, etc.





# Applications

Definition: Where it is you use body language and why.

Where?

Instructional teaching

Detecting Deceit (lies)

# Instructional Teaching

Second-language acquisition:

To help teach people a second language.

Ex: Showing your hands, non-verbal explanations, etc...

Studies show that expressiveness of the body increases grades in classes, when comparing to classes with only verbal explanations (even enhancements in textbook and notebook quality).

# Instructional Teaching

Enhancing Teaching:

3 main features of body language:

Intuitive

Communicative

Suggestive

# Instructional Teaching

Intuitive:

Exemplification of the language.

Ex: Word ‘cry’, teacher can imitate crying.

# Instructional Teaching

## Communicative:

Creates an environment and atmosphere able to facilitate effective learning.

Integrated environments are more productive for learning.

# Instructional Teaching

## Suggestive:

Tool to create opportunities for the students to gain additional information about a specific concept or word through pairing it with the body language itself.



# Detecting Deceit (lies)

Interrogation/Law Enforcement:

Use of body language in order to find clues from suspects or even victims. Body language of law enforcers can influence accuracy of eyewitness events.

Poker:

Reading body language of other players, bluffing or not for example. Find “ticks” in opponents.

<https://youtu.be/0VS2EQzgOWo?t=51s>



THANK YOU  
FOR YOUR  
ATTENTION!