

## Interpreting Body Language

Much of our body language is unconscious. We may not be aware of what we are communicating through our posture, gestures, and facial expression or think about the cues we use to recognize others' feelings.

This worksheet is great for children and adults to consider how they might use body language to convey a series of feelings.

Think about each of the following feelings. Consider how you, or someone else, might convey how they feel by the way they talk, stand, gesture, without using words:

Feeling	Body language
Surprise	
Disappointment	
Confusion	
Sadness	
Nervousness	
Anxious	
Angry	
Uncertain	
Proud	

If there are any feelings you are not familiar with or don't know how to express, keep an eye out for them when other people are talking.