

Nonverbal Communication

When people send messages to one another without using words, this is called nonverbal communication; and it makes up 93 percent of messages to others. Use this guide to find examples of different ways people communicate without words.

Facial Expressions

The way people's eyes, noses and mouths convey what they are thinking.

Examples: _____

Posture

The way people stand or sit, also the position of their shoulders and chin.

Examples: _____

Appearance

The way people dress and style their hair.

Examples:

Space

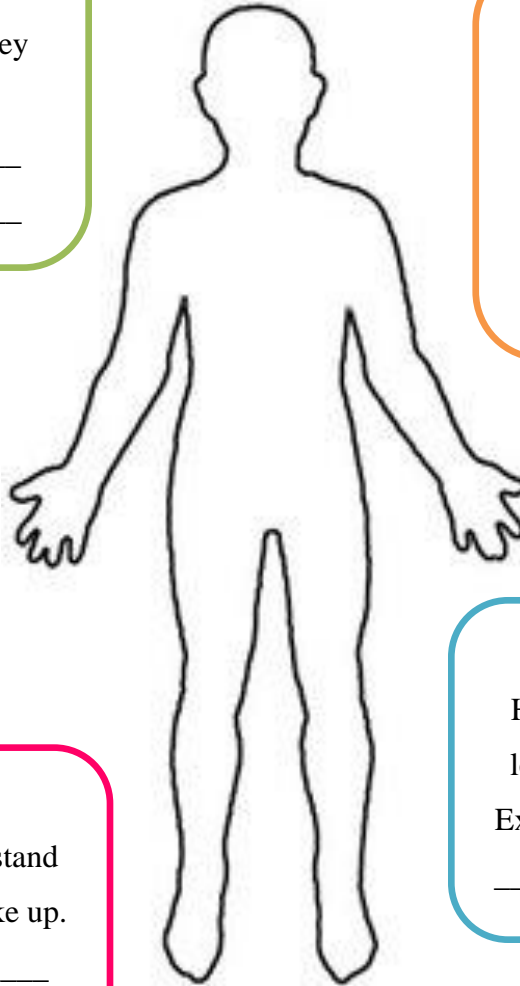
How far apart two people stand or how much space they take up.

Examples: _____

Gestures

How people use their arms, legs and head to say things.

Examples: _____



What nonverbal communication would you like to be more aware of in your life? _____
