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: ______________
_______________________

**Gestures**
How people use their arms, legs and head to say things.
Examples: ______________
_______________________

**Space**
How far apart two people stand or how much space they take up.
Examples: ______________
_______________________

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