

NON-VERBAL COMMUNICATION WORKSHEET

1. Name the 6 functions of non-verbal communication.

Repeat, substitute, complementing, accent, regulate and contradict.

2. What is body-orientation?

The degree to which we face toward or away from someone with our body, feet, and head.

3. Posture furnishes information about how we feel about ourselves and others non-verbally.

4. The face is the most obvious channel of expressing emotions.

5. Hands, legs and feet are better indicators of how we truly feel because we are less likely to try to change or control these when hiding our feelings.

6. What are the six basic emotions that facial expressions reflect?

Surprise, fear, anger, disgust, happiness, and sadness.

7. How is how we say words as important as what we say?

The way we say things (tone of voice, emphasis) portrays different meanings of those exact same words.

8. T or F Clothing is a form of non-verbal communication. **True**

9. What was your reaction to today's class?