

Pre-Intermediate 2
Unit 8 Reading
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Body Language

body language = communicating with gestures and facial expressions

verbal language = communicating through speech or writing

body language ≠ verbal language

More than half of what we communicate is communicated not through words but through body language. This includes our posture, facial expressions, and gestures.

through = by using, via

communicate = say, state, convey

be communicated = be said, be stated

include ≠ exclude

include = consist of

posture = the way we stand

facial = related to the face

expression = a look on someone's face that conveys a particular emotion

- *"a sad expression"*
- *facial expressions*

gesture = a movement of part of the body, especially a hand or the head, to express an idea or meaning



Facial Expressions

Because body language is so important, you will want to know what yours is saying and how to interpret other people's, too. Here are some examples of body language and its meaning. (Note: These meanings are for North America. Interpretations may differ a bit in other cultures.)

so = very

interpret (verb) = explain

interpretation (noun) = explanation

note = pay attention

differ = be different

a bit = a little

culture = the ideas, customs, and social behavior of a particular people or society

If your posture is slumped and your head is down, this could mean that you are sad or lack confidence. If your posture is straight but relaxed, you are expressing confidence and friendliness.

slumped = bending down, downward

lack = not have

You lack confidence. = You are not confident.

confidence (noun) = self-reliance; certainty

confident (adjective) = certain about yourself and your abilities

express = communicate

A smile is a sign of friendliness and interest. But people sometimes smile just to be polite. To get another clue from people's faces, notice their eyes. Friendliness and interest are expressed when a person's eyes meet yours (especially when you're the one who's talking) and then look away and meet yours again. A person who doesn't look away is expressing a challenge. A person who doesn't look at you is expressing lack of interest or is shy.

smile (noun) = a happy or friendly expression on the face

smile (verb) = to show a happy or friendly expression on the face

sign = a movement of the body that gives information or an instruction:

She pointed to her watch as a sign that it was getting late and she wanted to leave.

He made/gave a sign to his friend to stop talking.

The priest made the sign of the cross (= made the shape of a cross by moving his hand between four points on his chest) when he entered the church.

interest (noun) = the feeling of wanting to give your attention to something or of wanting to be involved with and to discover more about something

just = only

clue = hint, prompt, reminder

polite ≠ impolite, rude

challenge = an invitation to fight with somebody

Hand gestures can mean a person is interested in the conversation. But repeated movements — like tapping a pencil or tapping a foot — often mean the person is either impatient or nervous. Stay away from someone who points at you while talking with you: That person might be angry at you or feel superior to you.

impatient ≠ patient

nervous (adjective) = anxious, worried, stressed out

while = when



An Angry Man Pointing at Another Person

be angry (with/at somebody) (about/for something)

- *The teacher was angry with the student for his delays.*

superior ≠ inferior

superior to = higher than, better than

Main Ideas:

- More than 50% (fifty percent) of what we say to other people is through body language, not verbal language.
- Body language includes our posture, facial expressions, and gestures.
- Interpretations of body language are different from one culture to another culture.
- A slumped posture implies sadness or lack of confidence, but a straight posture means being relaxed, confident, and friendly.
- A smile is a sign of friendliness and interest, but sometimes it just shows politeness.
- Eyes can also show interest and friendliness, but we shouldn't gaze at other people.
- Hand gestures can show a person's interest in the conversation.
- Repeated movements like tapping a pen or a foot often imply being impatient or nervous.
- Pointing at other people may show a threat or a feeling of superiority over them.

Full Text:

Body Language

More than half of what we communicate is communicated not through words but through body language. This includes our posture, facial expressions, and gestures.

Because body language is so important, you will want to know what yours is saying and how to interpret other people's, too. Here are some examples of body language and its meaning. (Note: These meanings are for North America. Interpretations may differ a bit in other cultures.)

If your posture is slumped and your head is down, this could mean that you are sad or lack confidence. If your posture is straight but relaxed, you are expressing confidence and friendliness.

A smile is a sign of friendliness and interest. But people sometimes smile just to be polite. To get another clue from people's faces, notice their eyes. Friendliness and interest are expressed when a person's eyes meet yours (especially when you're the one who's talking) and then look away and meet yours again. A person who doesn't look away is expressing a challenge. A person who doesn't look at you is expressing lack of interest or is shy.

Hand gestures can mean a person is interested in the conversation. But repeated movements — like tapping a pencil or tapping a foot — often mean the person is either impatient or nervous. Stay away from someone who points at you while talking with you: That person might be angry at you or feel superior to you.

Sample Summary:

The text emphasizes the significance of body language, which encompasses non-verbal communication through posture, facial expressions, and gestures. It provides examples on how to interpret body language in North America: a slumped posture and downcast head suggest sadness or low confidence, while a straight but relaxed posture indicates confidence and friendliness. Smiling and making eye contact signal friendliness and interest, whereas a lack of eye contact can denote disinterest or shyness. Hand gestures demonstrate engagement

in a conversation, but repeated movements may indicate impatience or nervousness. Lastly, pointing at someone while talking is perceived as a sign of anger or superiority.

Sample Summary (Simple Version):

The text explains how important body language is. Body language means using your body to communicate without words. In North America, if someone slumps and looks down, it might mean they are sad or not confident. Standing up straight but relaxed shows confidence and being friendly. Smiling and looking at people shows you are friendly and interested, while not looking at them might mean you are not interested or shy. Using your hands while talking shows you care about the conversation, but doing it too much can mean you are impatient or nervous. Pointing at someone while talking can show anger or that you feel superior.

Source:

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