

In this unit you will learn:

- More about what we mean by *the physical message*
- How to use good gestures
- How to make good eye contact
- How to use good posture

You will then have the chance to practise these parts of *the physical message*.

SECTION
1

Warm up



Task 1: Test your knowledge

Look at the pictures below of people using their hands to communicate (gestures). These are commonly used around the world. Discuss these questions with a partner:

- Which ones have you seen?
- What do you think they mean?



SECTION
2

Focus



More on the physical message

Gestures

Gestures are how we use our hands to make it easier for listeners to understand what we want to say and to make our conversation more interesting.



Task 2: Discussion

Part 1

With your group or partner, discuss how people use gestures to communicate in everyday life in your culture. Try to show (draw) at least twenty gestures that are often used. Do not use any that may be rude or offend other people.



Part 2

Join another pair or group and compare your ideas.



Task 3: Miming game race

Your teacher will put you into teams and give each player a list of words and expressions that you must mime to your teammates. You must not speak. Show the meaning by using gestures only. When you finish your list, the next person can begin his/her list. The team to finish first is the winner. If your team cannot guess an answer, move to the next one and remember how many your team couldn't answer. Show your teammates how many words there are with your fingers (one finger = one word).



Eye contact

Looking at the audience (the people watching and listening) is very important when we give a presentation. You should look at as many people as possible. Change the person you are looking at after a few seconds and look at another person. This is also why you must not read a presentation.



Task 4: Maintaining eye contact

Your teacher will put you into small groups. Take turns choosing topics below. You must talk for a minute **in your native language** while keeping eye contact with the members of your group. (If you want, you can try to do this activity in English.)

- | | | |
|-------------------------|--------------------------|--------------------|
| The best day of my life | Something that scares me | My last vacation |
| A good friend | My favourite restaurant | My future hopes |
| An ideal job | A great movie | A bad dream |
| A bad experience | A mistake I made | My best possession |



Posture

Posture is the way we stand or move as we speak. Posture is another way in which a speaker can communicate feelings and mood during a presentation to the audience. Having good posture is important. Here are some examples of bad posture:



Task 5: Identify the mistakes

Watch the video of a presenter making mistakes with her physical message. Write at least five of her mistakes in the order that you see/hear them.

1. _____
2. _____
3. _____
4. _____
5. _____

SECTION 3

Practise



A demonstrative presentation

Watch the video of someone demonstrating how to do a magic trick.



Task 6: Act it out

Use everything you have learned about the physical message to give a demonstrative presentation showing how to do or make something. Use at least five to ten steps in your presentation.



Task 7: Follow-up

Go to the web site and complete the exercises.