

Body Expressions

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Physical Education



Body Expression Definition

- This is a type of communication that is non-verbal
- It incorporates posture, gestures, facial expressions and eye movement.
- Some are learned while others are inborn.

History of Body Expression

- It was a term created by the anthropologist Ray Birdwhistell in the year 1952 when he was studying how humans communicated without having any verbal communication.
- But body expression was studied before by Charles Darwin and many more.

Main Elements of Body Expression

- Body Posture
- Head Motion
- Facial Expression
- Eye Contact
- Gesture

Body Posture

- Can be seen when someone stands or sits.
- It is good to adopt a flexible straight posture rather than a slouching posture. A straight posture reveals confidence and poise. Drooping shoulders and slouching in the seat, reveal a feeling of lack of interest.

Movement

- Body Movements include gestures, postures (standing or sitting), head movements (nodding or shaking head), hand movements (bye, hello, shrugging...etc.), and whole body movements.
- Movements are used to emphasise what a person is communicating and also informs us about the emotions and attitudes of a person.

Facial Expressions

- A facial expression is valuable because it lets people know how you're feeling.
- But sometimes facial expressions can lead to misunderstanding because it doesn't match up with how one says they feel or say overall
- What are some facial expressions?

Eye Contact

- It's very important to indicate that one is listening and paying attention to the person.
- It's a sign of respect with those of communication, it shows that you are caring, truthful, and understanding.
- Lack of eye contact indicates disrespect, untruthfulness, or sometimes shyness or embarrassment.

Benefits of Body Expressions

- The way you listen, look, move, and react can tell the person you're communicating with if you're caring, if you're being truthful, and if you're understanding.
- If your body does complement your speaking, they increase trust and understanding.
- But if they don't, they can create mistrust and misunderstanding.

Type of Expression

1. Mime- It involves acting an action, emotion, gestures, expressions, and movement but without speaking.