**WORK CARD 4**

Reading body language

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| NOTES FOR THE TRAINER:Select 5 participants for the task. Each of them is to play the role of a trainer conducting classes on flambéing fruit for dessert at the guest table. Choose a part of the training related to the subject by following the instructions he will get.The others are to watch the behaviour of the five. Then they express their opinions - what would they think if the trainer behaved like that. |

**Task 1 – body positioning and movement**

Give each of them one sheet of paper with the command:

* Leading the selected part of the training, sit or stand in a curled, inclined position, cross your legs and talk to the participants.
* By running a selected part of the training, stand over one of your colleagues who performs the fruit flambéing exercise, you can move very close, even when he moves back.
* Leading the selected part of the training, sit down freely, do not move around.
* Lead a selected part of the training, walk, shuffle or stomp your feet.
* Lead a selected part of the training, walk around freely.

**Task 2 – facial expression**

Similarly give each of the five a card with a command:

* Your face is naturally smiling and cheerful, also with a smile in your eyes. Keep eye contact.
* You are smiling, but artificially, your eyes are still.
* Look ahead, when you finish speaking, lower your lower lip slightly.
* Look at the participants obtrusively, penetrate their eyes.
* Your face is naturally smiling and cheerful, but you do not keep eye contact with the participants, you look above or to the side, or you look away.

**Task 3 – positioning of your shoulders, arms and hands**

Again give out one card with a command:

* Speaking and possibly walking, wave your hands about.
* Speaking in a sitting position, drum your fingers on the desk/table, and often touch your face or hair.
* Gesture only when you emphasise an important part of the expression, leave your hands open.
* When speaking, keep your hands stiff, clenched or crossed.
* When speaking, twist your fingers, clench, twist.

**SUMMARY:** Ask one of the persons presenting to show again all the elements of the body language that the other participants considered to be right.