

Body Language

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Either watch a friend while they are delivering a speech, or look at yourself in the mirror while you are practicing giving a speech, and fill in the table.

	Movements, positioning, characteristics	
Palms of Hands		
Central Body		
Arms		
Standing Still/ Pacing		
Standing straight / Slouching		
Fluent speech / Stuttering and hesitating		
Distance from the audience		

Facial Expression		
Eye contact		
Smiles		

The conclusion:

Most people are nervous about standing in front of an audience. One of the reasons for this is that they don't know how to make their body language work for them. We can practice and improve our body language. Being aware of what we are doing is the first step in the right direction.