

Nonverbal Communication - Application Worksheet

Take turns embodying the emotion or action in the first column and then discuss how the action felt (as the actor) and how it was received (as the observer). Use this sheet to make notes or write down their reactions to the activity. Your instructor may ask you to share your experience with the class after the completion of this activity.

Tips for reflection... as you do or observe these various prompts, scan your body from head to toe and pay attention to anything that feels different. Notice your hands and feet, your jaw, your eyes; are you loose or are your muscles clenched? What about your breathing: Deep, shallow, rushed even? Did you respond emotionally: did you get anxious or nervous, did you laugh, did you feel at ease? What other physical changes did you notice during the activity?

Action Prompt	How did it feel to do?	How did it feel to observe?
Briefly explain to a small child how to bake a cake.		
Give a friend, partner, or spouse "the silent treatment."		
Describe the most delicious meal you've ever eaten.		
You've been sitting in traffic for more than an hour after a long day at school or work...		
You're out to eat on your birthday and the restaurant staff is singing to you...		
Console a friend after they've lost a loved one.		
You find something really gross in your food...		
A friend or family member has just informed you that they're having triplets!		
Describe your biggest fear.		
Someone you really admire has just given you a compliment...		