Activity 1 – Body language vocabulary

Match the pictures and the words. Some of the pictures are very similar. You will see more examples when you watch the film.

- an open bodily posture
- fidgeting
- gesturing
- be facially expressive
- inhibit your hands
- a fixed grin
- fake or masking smile
- a closed bodily posture
Activity 2 - Body language – good or bad?

Circle ‘good’ or ‘bad’ for these descriptions of body language to use at an interview.

1. foot tapping
   - Good
   - Bad
2. a closed bodily posture
   - Good
   - Bad
3. using gestures
   - Good
   - Bad
4. an open bodily posture
   - Good
   - Bad
5. inhibiting your hands from making movements
   - Good
   - Bad
6. being facially expressive
   - Good
   - Bad
7. fidgeting
   - Good
   - Bad
8. a fixed grin
   - Good
   - Bad

Activity 3 – Body language for interviews – matching task

Match the vocabulary with the correct definition and write a – g next to the number 1 – 7. Listen again or read the transcript to check your answers.

1. Plan your appearance and body language.
   - a. It will show you are really engaged with what you are saying.
2. An open bodily posture
   - b. You aren't open and responding to what the other person is saying.
3. Inhibiting your hands from making movements
   - c. You know people will make a judgement about you.
4. Fidgeting
   - d. It will make the other person notice that you are nervous and uncomfortable.
5. A closed bodily posture
   - e. When the smile goes away the interviewer can see that you aren't really enjoying the interview.
6. A fixed grin
   - f. It will give the impression that you are not honest and open.
7. A fake or masking smile
   - g. It will show that you are feeling negative emotions.