

Gestures:

Baton - beats the tempo of the speaker, creating emphasis on important beats

Repelling - pushes away

Air grasp - pulls attention back

Fist - power gesture

Raised forefinger - beats the point across (as if with a small club)

Palm up - implores people to agree with you

Palm down - calms the audience as if patting them on the head

Hand chop - cuts through an argument with a symbolically sharp blade

Thumb to forefinger - precision gesture to emphasize something exact

We use gestures even when we're on the phone and the other person can't see us.

Emblems

Okay

First or "number one"

"Yes" (with head and with thumb)

"No" (with head and with thumb)

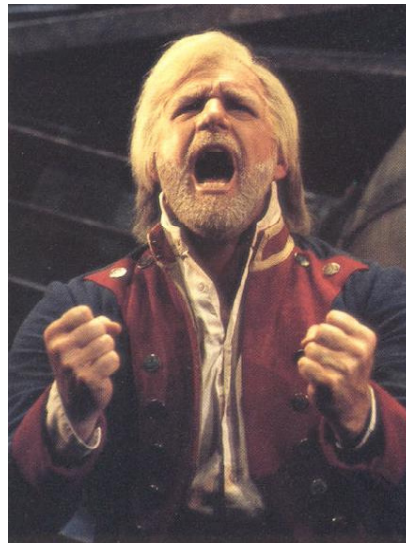
Good luck

She's crazy

So-so

Maybe

Stop



We Talk With Our . . .

Hands

Arms

Eyes

Trunk

Shoulders

Feet

Head/Chin



How Does Your Body Say . . . ?

Power

Shyness and insecurity

Frantic

Flirty or Sensual

In Control



Putting Motion In Emotion

by Sandi Wright

"e" = out or outside "motum" = to move or have movement

EMOTE and EMOTION

To take what is inside and *move it outside*.

Innocence

Eyes are soft and wide and looking up as a child would to a parent.

Chin is down or level.

Head is straight

Mouth is open with lips relaxed.

Voice is reverent and/or breathy.

Arms down. If raised, away from body with palms up.

Shoulders are down

Feet are open, unafraid, but cautious.



Love

Eyes are soft and moist

Chin is down

Head is tilted or may tilt as you go

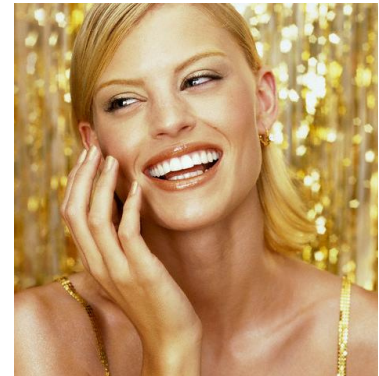
Mouth is open with lip corners up

Voice is soft and breathy

Arms raise close to body with palms up and may air grasp

Shoulders may raise

Feet are open, legs apart



Fear

Eyes are wild, intense and darting (suspicious)

Chin is level or down

Head is level and may dart with eyes

Mouth is open with lips pulled back (fear face)

Voice quivers

Arms close to body (fight or flight)

Shoulders ready to go into fetal position

Feet are close together to protect vital organs



Anger

Eyes are narrow and intense, as if to intimidate

Chin is level or down

Head is straight or down

Mouth - lips are very small and tight

Voice - May be loud or soft, but is always short and firm.

Arms wide and frantic with repelling and/or fist gestures

Shoulders are down

Feet are wide apart to intimidate (power stance)



Pride

Eyes are direct and focused

Chin is up

Head is straight

Mouth is open and lip-corners may be up

Voice is firm

Arms may be open at side or wide with palms to the sky

Shoulders are down and pulled back

Feet are wide with legs apart



Anguish

Eyes are narrow with brows down

Chin is down

Head is tilted

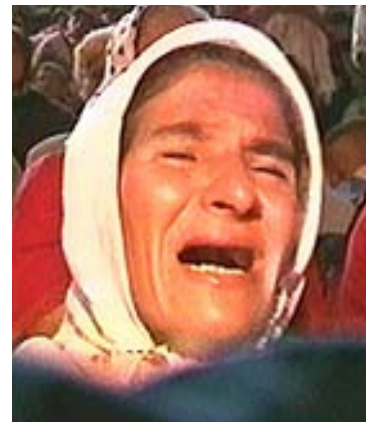
Mouth is very wide with corners down

Voice may be loud or soft, but cries (mournful). Short.

Arms close into fetal position. Hands have palms up (begging) or fists (fetal)

Shoulders are up and hunched together in front (fetal)

Feet are very close together (ankles may touch), knees may bend



Joy

Eyes are narrow and moist

Chin is up

Head is tilted

Mouth is open and smiling

Voice is loud and alive

Arms wide and open, or up with palms to audience or up to heavens

Shoulders are up

Feet are wide with legs apart

