# Let's get Physical




**EAE Learning objectives for this lesson**

Discuss body language, learn and practice words with the prefix phy,psy and pos. Practice using modal verbs for giving advice. Revise and practice parts of the body and functions of the body vocabulary.

## Activity One - Questions

- ☑ Do you speak any languages apart from French and English?
- ☑ Do you speak Body language?
- ☑ Everyone speaks body language to some degree - how good are you at interpreting other people's body language?
- ☑ How much attention do you pay to your own body language?



Boredom Gesture



Interested, Evaluation Gesture

## Activity Two - Physical, Psychological...

**Body language** is a physical phenomenon. It refers to the physical attitudes which communicate a message, intentionally or not. Some physical manifestations of what we are really thinking, or just experiencing, can be uncontrollable. So body language is in part the PHYsical manifestation of our PSYchological state.

Words with Phys and psych can be difficult to pronounce, and confusing. Let's review them…

**The prefix PHYS - comes from 'physio' , 'relating to nature or the natural order of things'.**
**The prefix PSYCH - 'soul, spirit, mind'**

So *phys* words are about bodily functions and *psych* words are about the mind. They sound similar but couldn't be more different!

Fill the gaps in the text bellow with one of these words; Psychological, Physical, Psychoanalyze, psychic, physiotherapist, physiological.

**W**hen you are in a meeting, or just working in your office, or meeting colleagues for the first time, your …… attitudes show a lot about your …… state. People can literally read your mind, without being ……, just by paying attention to the …… signs you are showing. You don't have to …… someone to understand what makes them react a certain way, just be attentive to their body language and you will learn what makes them tick! Your body language and posture is communicating even when you are not talking. The posture you adopt when you are at work not only gives a strong message about your mind set, but it can also cause you pain or other …… complications. If you don't want to end up spending lots of time with a …… then pay attention to the way you sit at your desk. (J Franklin).

## **A**ctivity Three - POSture…

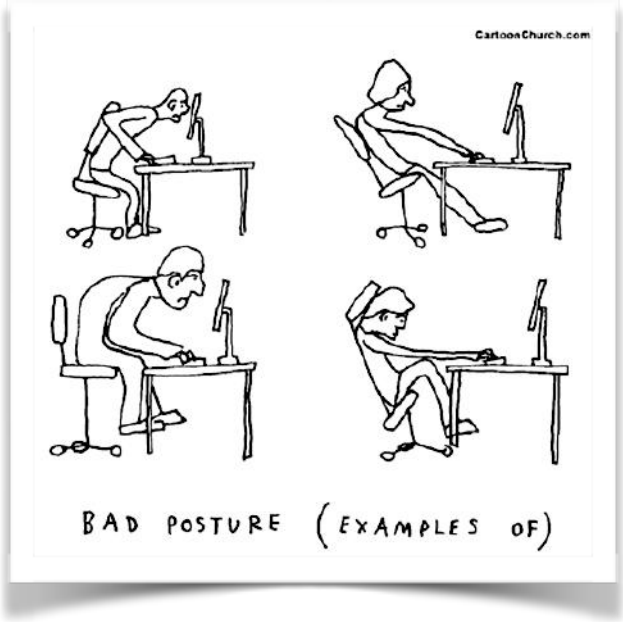
Your posture says a lot about you. Are you standing tall, are you slumped glumly in your seat. Do you sit straight up looking smart, open and ready for action or are you picking your nails, bent over your papers lost in a world of your own? What are you projecting through your posture when sitting, standing and walking? What's the **E**ffect of your posture on your health? Let's investigate… Read the text below focussing on your intonation and stress.

## Why Have Good Posture?

(Source - personalexcellence.com)

### There are 5 key benefits from maintaining good posture.

**1/Facilitates breathing:** A good posture naturally enables you to breathe properly. I started appreciating this after I started meditating regularly a few months back, coupled with a good posture. I found a really a huge difference in the amount of air I could inhale between sitting up straight and slouching. This is why yoga, pilates and meditation exercises pay so much attention on getting your posture and sitting positions right.




**2/Increases concentration and thinking ability:** When you are breathing properly, you increase your thinking ability too. Our brain requires 20% of oxygen to do its job properly. More air, more oxygen. More oxygen, more brain food. More brain food leads to more thoughts and ideas.

**3/Improve your image:** People with good posture look smarter and more attractive. Have you ever seen someone with a bad posture and felt the person seemed unkempt, even though the person has not said or done anything yet? On the flip side, someone with a good posture naturally exudes an aura of assertiveness and appeal.

**4/Feel even better about yourself:** When you have a good posture, it helps to make you feel more self-confident, without even doing anything else different. Try sitting in a bad posture now for 30 seconds. Now, switch to a good posture for 30 seconds as well. Is there any difference in how you felt?

**5/Avoid health complications**: A bad posture results in several complications over time, such as increased risks of slipped disc, back aches, back pain, pressure inside your chest, poor blood circulation. When I was studying in business school, I had a professor back who suffered from a slip disc when he was younger. Unfortunately, he can't straighten his back ever since the incident and he now walks with a permanent slouch.

So POSture can produce POSitive **E**ffects. How can positive posture **A**ffect your body language?

**(Note - E**ffect **is a noun and A**ffect **is a verb.)**

## Activity Four - Advice.

We often use certain modal verbs when giving advice in English. Here are some modal verbs with their definitions. Use each one in a sentence giving advice about good posture based on the information you read in the text.

**Should** - it's advisable to
**Could** - it's possible to
**Had better** - it's preferable to
**Must** - it's obligatory to




## Activity Five - What are they NOT saying.

When you are speaking to someone, or to a group of people, you are at an advantage if you pay attention to what they are NOT saying.
Answer the questions:

- ☑ Do you pay attention to people's body language and other physical signs of what they are feeling?
- ☑ What advice about body language would you give to someone who wants to make a good impression.
- ☑ Describe some signs you think could indicate that a person is stressed.
- ☑ Describe some signs that you think could mean that a person does not like you.
- ☑ What do you think the following physical signs mean show?
  - Breathing fast.
  - Eyes are down.
  - Talking fast.
  - Moving hands or touching something.
  - Feet tapping
  - Hands in pockets
  - Rubbing back of neck
  - Crossed arms
- **Read this article** about **non verbal communication** and resume the information in it for your teacher. https://www.mindtools.com/pages/article/Body_Language.htm

## Activity Six - Throwback... Olivia Newton John - remember this?

https://www.youtube.com/watch?v=vWz9VN40nCA

**Further reading -**

***http://www.storypick.com/body-language/***

