

Annex II. A list of meanings of body language

Non-verbal expressions can greatly differ from one culture to another. Here, we propose just few of them. **What is the meaning of these gestures/movements in your culture? Can you think about other examples?**

Would you like to share them in TEACHmi online forum?

What does your body communicate?
If you support your head with your hand, resting completely on the palm: an expression of boredom
If the head rests on a part of the palm and 1-2 fingers point to the temple and the face: expression of interest, evaluation, critical attitude
Rubbing the chin: the person is making a decision
If the palms cover the mouth: an expression of fear, fright, surprise
Arms crossed in front of the chest: protective posture, closure, expression of distrust, insecurity, disagreement
Sitting on a chair, but strongly pulled back, with hands on the back of the head: arrogance, "I'm better than you"
Sitting on a chair, but bent forward: interest, starting position
Upright, with hands on hips: aggressive attitude
Handshake with wrist grip: sincerity, trust
Holding the shoulder: entering a closer, intimate position
Can you think of other examples?