

# Nonverbal Communication Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

This worksheet is designed to help you become more aware of nonverbal communication cues and understand how to interpret them effectively.

## Understanding nonverbal cues

*Write down examples of the nonverbal cues listed below.*

### Facial expressions: (e.g., smiling, frowning)

Example 1:

Example 2:

### Body language: (e.g., crossed arms, leaning forward)

Example 1:

Example 2:

### Tone of voice: (e.g., calm, hurried)

Example 1:

Example 2:

### Eye contact: (e.g., prolonged gaze, avoiding eye contact)

Example 1:

Example 2:

## Observing nonverbal communication cues

*Look around you and observe the people around you. Pay attention to their body language, facial expressions, gestures, and overall demeanor. Take note of any nonverbal cues that stand out and reflect on the messages being conveyed.*

What nonverbal cues did you notice in the other people?

What message do you think they were trying to convey?

What nonverbal cues did you use in the observation?

## Matching nonverbal and verbal communication

For each scenario below, indicate how the nonverbal cue may affect the interpretation of the message.

**Scenario 1: Someone says, "I'm fine," but they avoid eye contact and have slumped shoulders.**

Your interpretation:

**Scenario 2: A colleague enthusiastically says, "This is great!" while rolling their eyes.**

Your interpretation:

## Practicing nonverbal skills

Choose one of the following nonverbal behaviors listed below to focus on in your next interaction. Use the guided questions to reflect on your chosen nonverbal behavior.

- Maintaining appropriate eye contact
- Using open body language
- Modulating your tone of voice
- Smiling or using positive facial expressions
- Other:

Which behavior will you practice?

What strategy will you use to remind yourself to practice this behavior?

## Feedback from others

*Ask a trusted friend or colleague to observe your nonverbal communication. After a conversation, ask them for feedback using the questions below. Write their answers in the space provided.*

Were my nonverbal cues consistent with my verbal message?

What nonverbal behaviors stood out to you?

## Additional notes