



EFFECTIVE NONVERBAL COMMUNICATION SKILLS

Help your students understand how to use their body language to communicate effectively. Here are some suggested ways body language can communicate confidence, assertiveness, and good listening skills. Have students practice these skills through interactions with peers and other members of the community. It should be noted that some students may find some aspects of these skills more challenging due to specific areas of need or disability. Provide support in these areas as appropriate.

How do you communicate confidence?

- Stand up straight or sit with your back straight.
- Establish and maintain eye contact with other people you're communicating with.
- Avoid a slouched posture.

How do you communicate that you're listening when others are speaking to you?

- Establish and maintain eye contact with other people.
- Nod your head in the "yes" motion when other people say something that you understand or agree with.
- Ask other people questions about something you're interested in learning more about.

How do you communicate that you're assertive?

- Keep your voice calm and even.
- Speak clearly and distinctly.
- Be honest with the other person (or people) about how you feel, what you think, and what you need or want.