

# ARTHUR MELLOWS VILLAGE COLLEGE COMENIUS PROJECT



Body language and gestures

**Glossary**

## **Contents**

|                                       |        |
|---------------------------------------|--------|
| Introduction.....                     | 3.     |
| Eating body language.....             | 4.     |
| Eating body language pictures.....    | 5-9.   |
| Greetings body language.....          | 10-12. |
| Greetings body language pictures..... | 11-12. |
| School body language.....             | 13.    |
| School body language pictures.....    | 14-15. |



## Introduction

There are hundreds of different gestures and many different kinds of body languages that we use in our every-day lives. Here at Arthur Mellows, the Comenius pupils have focussed on 3 types of body language and gestures that we use most commonly.

These are:

- Eating
- Greetings
- School



# Eating body language and gestures

- When you like a food you smile, pat your tummy and eat it, when you dislike a food you make a funny face or don't eat it.
- When you are not sure what to order you look confused and keep on looking at the menu.
- To show you have chosen what to order you close the menu and put it in front of you and continue talking to whoever you are with.
- To show you have had enough food you place your knife and fork together on the centre of your plate. To show you want more you do not put your knife and fork on the plate.
- To attract the waiter's attention you put your hand up.
- To ask for the bill your push your plates forward onto the table and sit back, then get your money out.
- To ask if someone wants a drink you mime a drinking action.
- To ask someone to pass you something you point at the object then point at yourself.
- Your body language is different depending on who you are with, for example when you are talking to strangers you are formal and polite. However, when you are talking to family and friends you are more laid back and casual.
- To show when a food is sour you pull a face and stick your tongue out.
- To show when a food is spicy you wave your hand in front of your mouth.

## Body language and gestures: Eating

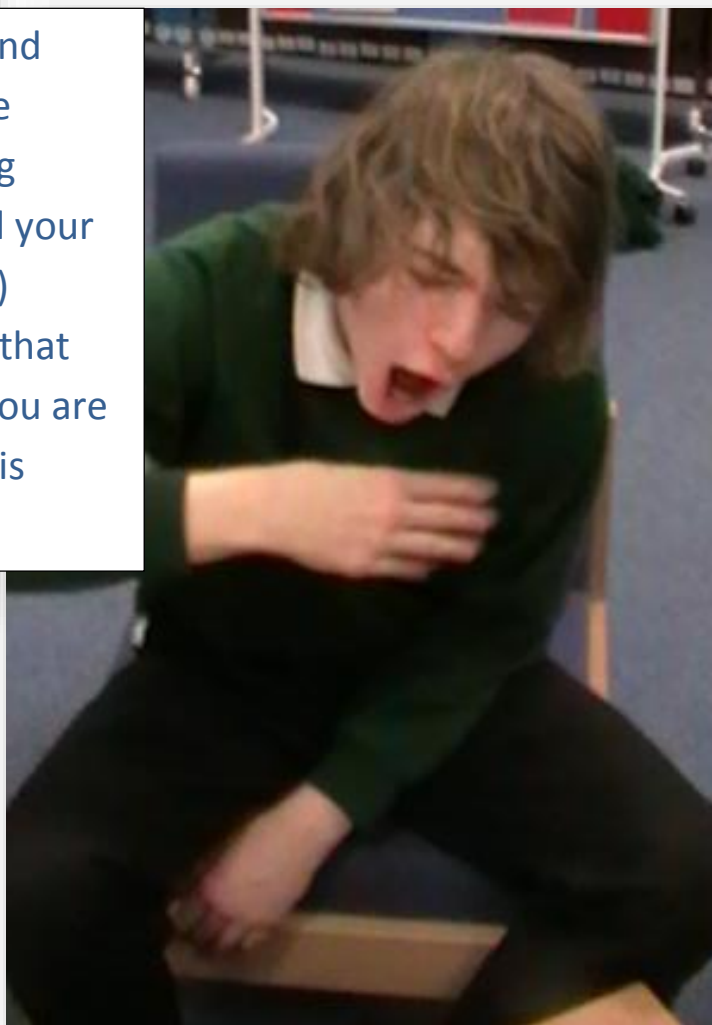
Cheers everyone!!! We all put  
our cups together!



Pushing your plate and patting your tummy shows that you are too full to eat any more.



The hand gesture (waving around your mouth) shows that what you are eating is spicy.





We push our food around on the plate or push our plate away from us if we don't like the taste of something. We also make a strange face!



Attracting the waiter's attention when we would like the bill or some more food/drink ordered.





Traditionally in Great Britain, if you have enjoyed a meal, you rub or pat your stomach.



It is also a tradition in Britain to put your knife and fork together if you have finished eating.





## Greetings body language and gestures

- When I see my family in the morning, I say “Morning” to my dad and mum. I wave to my friend to say “Hi” and may give them a hug.
- If one of my relatives comes round that I don’t see often, I will smile and say “Hello.”
- I greet someone of my age by saying ‘How are you?’ and saying “Hello my name is...”
- I would say “Hello” to an adult I am introduced to.
- My parents greet each other by one kiss and saying “Hi.”
- My relatives greet each other by saying “Hello” and “How are you.” My mum greets her friends by saying “Hi, how are you then?”

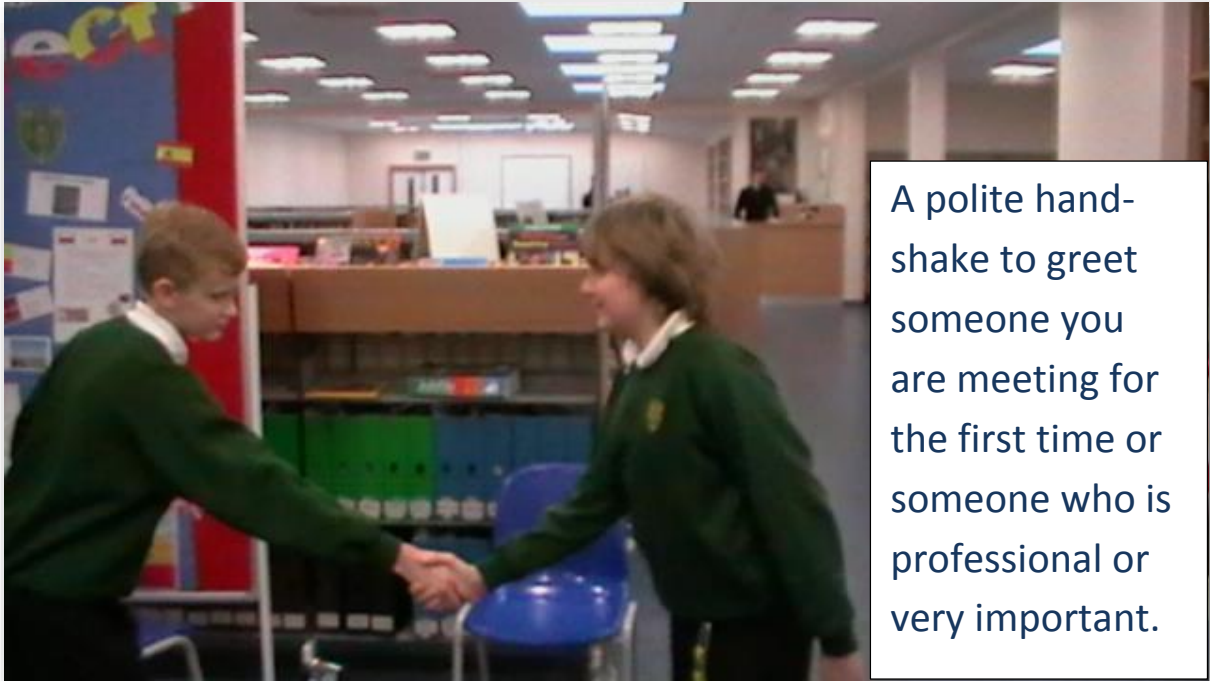
Many people greet each other by:

- High fives, smiling, nodding head, hugging, grunting, waving, saying “Hey.” Also asking if you’re ok, and thumbs up, shaking hands, hands on shoulder (pat on back) calling me by signing with fingers , pointing and shouting and saying cheer up!

To say goodbye, I hug my friends and if it’s my family I give them a kiss and a wave.



## Body language and gestures: Greetings



A polite handshake to greet someone you are meeting for the first time or someone who is professional or very important.



A friendly 'high-five' between school-friends!

We usually hug our close friends and family members.



A very casual hand-shake style greeting between friends. Boys usually do this in Britain.

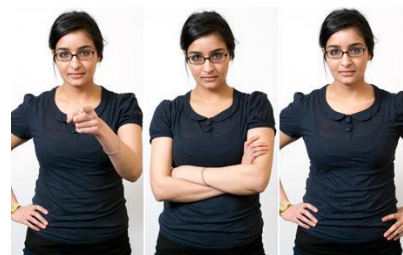


And another!



# School body language and gestures

- We attract the attention of the teachers by raising our hand up. We also walk up to the teacher sometimes.
- If you are bored in lesson your body language is slouched and you are not focused on your work or teacher. Also, you may have your head on the desk.
- If you are interested in a lesson, your body position may be upright and you could be looking at the teacher. Or you could be working or asking for help.
- If you are having discussions with another person to show if you agree with them you would nod your head. If you disagree, then you would shake your head.
- If you are in the corridors before lesson we are normally happy and chatting to friends, we can also be lining up quietly with an upright position.
- When you first enter the classroom you might wave to the teacher or start getting your books out and getting ready for the lesson. Towards the end of the lesson you might wave goodbye to the teacher or friends (if not in next lesson.)
- If you find something easy you would continue working, you may nod or smile at the teacher. If you are finding something difficult you would put your hand up and ask for help, with a confused face, or you may ask your friend for help
- If the class is overexcited, the teacher would move her hands or arms down. They may also shake their finger if the class is misbehaving.



## Body language and gestures: School



Here the teacher is hitting the table to try and get attention



“Be quiet please class”!

Teachers cross their arms to signal anger or patience when waiting for a class to listen.



Here, the teacher is holding his hand up to attract the attention of the class.



Teachers sometimes clap their hands above their heads to get their pupils' attention.