

# Real life, your life?

## Activity 04

### Body talk

How we talk about healthy living makes a difference to how we and those around us feel. Research shows that using positive language creates positivity. Activities 4 and 5 link together body language and how we use verbal language.



<b>Lesson time guide</b>	<ul style="list-style-type: none"><li>• This activity will take about 75 minutes to complete.</li><li>• It is linked to activity 5 although both can be completed independently.</li></ul>
<b>QCDA PLTS Framework links</b>	<ul style="list-style-type: none"><li>• Collaborate with others to work towards common goals.</li><li>• Show fairness and consideration to others.</li><li>• Provide constructive support and feedback to others.</li><li>• Discuss issues of concern, seeking resolution where needed.</li><li>• Evaluate experiences and learn to inform future progress.</li></ul>
<b>Subject applications</b>	<ul style="list-style-type: none"><li>• English, drama, citizenship, PSHE and the society, health and development diploma.</li></ul>

**BEWARE**  
**Thieves operate**  
**in this area**

*sign seen outside a hospital*

Sometimes the wrong language choice can be amusing. However, it's not always so easy when we have to make language choices for ourselves.

see over >>>>

We're going to look at two kinds of language – what we say and the body language we use when we talk – but also when we say nothing. Before we go any further, let's get some body language background information.

## Body language

Here are six body language facts:

- 1** To show disgust, we wrinkle up our noses and raise our top lip. This same expression is used in cultures worldwide.
- 2** The smile is universal too. A genuine smile uses muscles around the eyes that we can't fake. Fake smiles actually last longer than the real ones.
- 3** If you are interested in someone who is talking to you, your feet will usually be pointing towards them – even if you're not actually talking to them.
- 4** Lots of body language gestures are about how others follow a leader. Watch what happens when you cross one leg, put your hand on your chin or move forward in your chair, for example. Others will start to copy you! This technique is often used in interviews – and it can help the candidate feel more relaxed apparently.
- 5** Animals know that if you narrow your eyes you are not pleased with them. My dog knows that if I raise my eyebrows and point my finger at her she is really in the doghouse!
- 6** You spot when someone is not telling the truth by looking out for any (or all) of these signs:
  - little eye contact
  - sweating
  - too many hand movements
  - biting the fingernails
  - chewing of the inside of the mouth
  - swallowing (because the inside of the mouth is dry).

**If people are good liars though, they might not show any of these!**



Now, with your partner, have a look at the video clip 'Ramp', remembering what you know about body language:

**Video extract** [www.stepintothenhhs.uk/lesson-plan-library.aspx](http://www.stepintothenhhs.uk/lesson-plan-library.aspx)

A teenager falls off her skateboard and has to go to hospital. This is the story of what happens. Watch the short video a second time and think about the body language messages that come up in each new contact between Holly and the hospital staff. She meets six people who help her (and her mum!).

What do you see? Write down any body movements that you notice for each of the characters in the grid below:

People	Body language	Things to say!
Paramedic		
A and E receptionist		
Staff nurse		
Doctor		
Radiographer		
Plaster technician		
Holly's mum		

Activity 5, the second part of this work on language looks at how we use the spoken word at work – what can go wrong and how we can put it right.

