

Body Language Observation Worksheet

Visit a public place and sit, quietly, people watching. Observe ten people who display different body language. Record 3 Visual descriptors and list the emotion they add up to. Then write a couple of sentences incorporating these descriptors, as though this person was a character in your story.

Ex. –

Body Language: Hunched shoulders, no eye contact, crossed arms = nervous

Physical description: Young female, blonde blue eyes, wearing open sandals and a sundress

Transformation:

Sunny didn't look at any of the other contestants as she made her way onto the stage. She pulled her hunched shoulders back down to where they belonged as she approached the microphone. She managed to make eye contact with Mrs. Goode, the friendly music instructor who had come out to adjust her microphone. Mrs. Goode smiled as she lowered the silver stand. "Don't cross your arms, Honey. "

Observation 1

Body Language: _____, _____, _____ = _____

Physical Description: _____

Transformation

Observation 2

Body Language: _____, _____, _____ = _____

Physical Description: _____

Transformation

Observation 3

Body Language: _____, _____, _____ = _____

Physical Description: _____

Transformation

Observation 4

Body Language: _____, _____, _____ = _____

Physical Description: _____

Transformation

Observation 5

Body Language: _____, _____, _____ = _____

Physical Description: _____

Transformation

Observation 6

Body Language: _____, _____, _____ = _____

Physical Description: _____

Transformation