



Helpful and Unhelpful Nonverbal Behaviors

Below are examples of nonverbal behaviors that are helpful and unhelpful when we are trying to look friendly, approachable, and engaged in conversations with others.

 Unhelpful	 Helpful
<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Turning body away <input checked="" type="checkbox"/> Crossing arms <input checked="" type="checkbox"/> Looking down or away <input checked="" type="checkbox"/> Frowning <input checked="" type="checkbox"/> Fidgeting or shuffling feet <input checked="" type="checkbox"/> Slouching or keeping head down <input checked="" type="checkbox"/> Mumbling or speaking in a low voice <input checked="" type="checkbox"/> Looking annoyed or angry 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Facing the person with an open posture <input checked="" type="checkbox"/> Making eye contact <input checked="" type="checkbox"/> Smiling <input checked="" type="checkbox"/> Not fidgeting or shuffling feet <input checked="" type="checkbox"/> Speaking in an audible, confident voice <input checked="" type="checkbox"/> Standing or sitting up straight <input checked="" type="checkbox"/> Speaking clearly and slowly <input checked="" type="checkbox"/> Looking relaxed and confident