UNIT 11. BODY EXPRESSION

**What is Body Language?**

Body language is a non-verbal form of communication which is expressed through gestures, posture and other movements. We can express our desires, feelings, thougts, emotions and sensations by using it.



**Why is it important?**

We can receive the messages that the others are transmitting to us so we need to understand body language.

**Examples:** dramatic expression, rhythmic expression, dance, traditional dance.

**TASK 1.** Search on the internet three traditional dances and give a short explanation.

**TASK 2.** What must we do to communicate well in a non-verbal way with others?

**TASK 3.** How do you feel when you dance? Why?