



Why does body language matter?

Neuroception:

Neuroception is our brain's constant evaluation of safety in our environment. This is done at a **subconscious level**. Some students have faulty neuroception. They may perceive threat when they are safe or feel safe when they are in danger. Student's who have experienced trauma will be more susceptible to faulty neuroception - their brain has been wired to be on alert for danger more often than students who have not experienced trauma. However, **all** student's brains will read the body language of adults at subconscious level.

Threatening body language will activate student's downstairs brain because it's job is to keep students safe. This will keep a student escalated or push them into the fight/flight pathway.

***The way your face and body looks and sounds
will literally change someone's brain!***

What is the impact on communication and the intended message?

According to research, nonverbal communication represents two-thirds of all communications, with some research stating that 93 percent of all meaning in a social situation comes from nonverbal information, while only 7 percent comes from verbal information. Additional research states our messages our conveyed through:

7% of our words

38% of our vocal characteristics : tone, volume, inflection

55% of our body language and facial expressions



Threatening body language looks and sounds like:

| <i>Looks likes</i> | <i>Sounds like</i> |
|--|---------------------------|
| Shallow, fast breathing | Monotone voice |
| Tense face, body, and muscles | Loud volume |
| Threatening gestures such as hands on hips, arms crossed, fingers pointed, leaning forward, arms up in the air | High or low pitch |
| Fast, frequent, and impulsive movements | Sarcastic |
| Large, closed off body | Hostile or grumpy |
| Eyes are squinted or wide open | Fast rate of speech |
| Eyebrows are arched downward | Tense |
| Mouth is tight and straight or in a frown, pursed lips | Interragating |
| Darting eye contact | Interrupting |
| Clenched jaw and teeth | |

Nonthreatening body language looks and sounds like:

| <i>Looks like</i> | <i>Sounds like</i> |
|---|--------------------------------------|
| Normal breathing rate | Varied inflection |
| Relaxed muscles | Appropriate volume for the situation |
| Inviting gestures such as arms at the side or open and welcoming, gentle touches hugs | Not too fast or slow rate of speech |
| Smooth, predictable movements | Warm and caring tone |
| Open, welcoming body | Adequate wait time |
| Below or at eye level of child | Back and forth communication |
| Neutral face | |
| Smiles | |
| Eye contact that is sustained, breaks away then returns | |

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