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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!***

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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:***

<b><i>Looks likes</i></b>	<b><i>Sounds like</i></b>
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:***

<b><i>Looks like</i></b>	<b><i>Sounds like</i></b>
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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