



#### **FAMILY MEMBERS READ THIS:**

Your adolescent is learning that emotions are very common and are natural reactions that everyone experiences in his or her own way. One way your adolescent is learning to understand emotions is through learning about body language. Share some of your experiences with interpreting body language and then encourage your adolescent to share some of his or her experiences with you, too.

# Everyday Emotions

## **INTERPRETING BODY LANGUAGE**

### REMEMBER TO

- ☐ consider the context.
- ☐ look at the positions of the torso, arms, and legs.
- ☐ notice where the eyes and body are directed.

### **LET'S DO THIS!**

Talk about times you've noticed people's body language with your family member. Ask: "What body language do you use if you're in a social situation with close friends and family? What body language do you use when you are in a social situation with new people?"

Discuss how reading and displaying body language affects social situations with your family member. Then, answer the following questions:

What did your family member say that demonstrated how common emotions are? What example did he or she share that you could identify with?

How has talking about body language helped you to notice your own body language? When do you think being aware of your body language may be useful?

When do you think a person's body language might be misleading? How can you avoid confusion in such situations?

How do you think body language is different when a person is surrounded by close friends or family than when surrounded by acquaintances or strangers?