

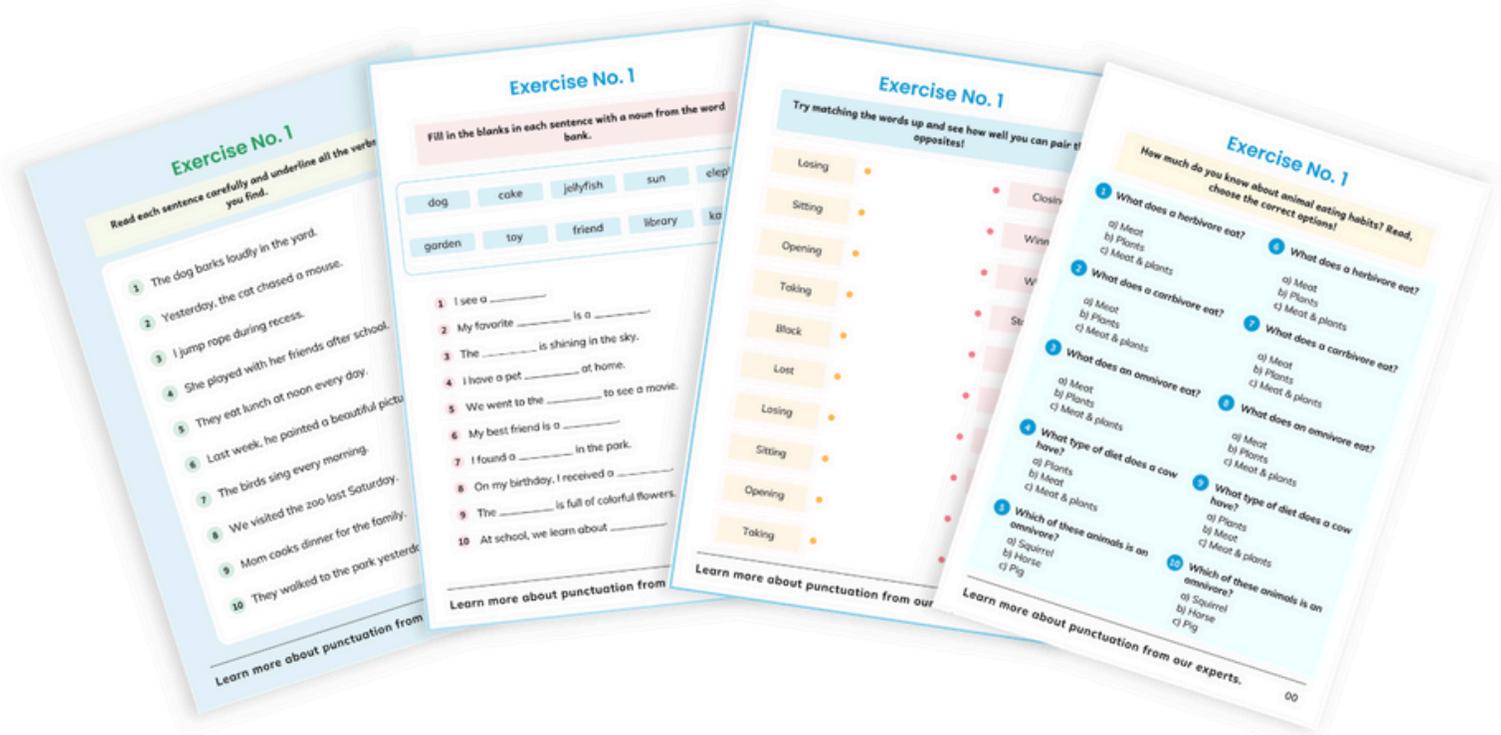


PLANETSPARK

Grade 7

BODY LANGUAGE

Engaging exercises to learn
public speaking



Learn more about this topic from our experts.

Exercise 4

Answer the following questions in 3–4 sentences each.

Ques 1 Describe how body language affects communication and interactions with others.

Ques 2 Explain how your posture and gestures can show confidence during a conversation

Ques 3 Explain the importance of maintaining eye contact during conversations.

Exercise 2

Mark the correction & incorrect options

Ques 1 Why is good posture important while talking?

- a. It helps you see better _____
- b. It makes you taller _____
- c. It shows confidence _____
- d. It looks stylish _____

Ques 2 How does maintaining eye contact help during conversations?

- a. It makes others nervous _____
- b. It shows attentiveness _____
- c. It is not important _____
- d. It is only for teachers _____

Exercise 2

Arrange the steps in the correct order for showing confident body language.

Situation 1: Meeting a new teacher in class.

Put these in order:

(a) Introduce yourself (b) Smile politely (c) Greet the teacher (d)

Stand straight

Situation 2: Presenting in front of the class.

Put these in order: (a) Speak clearly (b) Start with a greeting (c)

Make eye contact (d) Stand straight

Situation 3: Introducing yourself to a new friend.

Put these in order: (a) Ask about their name (b) Smile (c) Say hello

(d) Tell your name
