



Task Title: Body Language at Work

OALCF Cover Sheet – Practitioner Copy

Learner Name: _____

Date Started: _____

Date Completed: _____

Successful Completion: Yes No

Goal Path: Employment Apprenticeship

Secondary School Post Secondary Independence

Task Description: Watch a video to extract information about body language and understand implications at work.

Main Competency/Task Group/Level Indicator

- Find and Use Information/Extract info from films, broadcasts and presentations/A3

Materials Required:

- Pen/pencil and paper
- Computer or digital device

Task Title: BodyLanguageatWork_E_A3

Learner Information

There are many skills that can help you be successful at work. Body language is one part of how you are perceived and evaluated on the job.

Copy and paste this web address into the browser of the computer and watch the video about body language:

<https://www.youtube.com/watch?v=1sfM-xx7tHI&t=13s>

Work Sheet

Task 1: What is body language?

Answer:

Task 2: List three examples of what is included in body language.

Answer:

Task 3: How do we instinctively interpret other people's body language?

Answer:

Task 4: If someone is avoiding eye contact and has their arms crossed, how is this likely to be interpreted?

Answer:

Answers

Task 1: What is body language?

Answer: Body language is the process of communicating through non-verbal signals.

Task 2: List three examples of what is included in body language.

Answer: Posture, facial expressions, gestures

Task 3: How do we instinctively interpret other people's body language?

Answer: We interpret body language as some expression of moods, feelings or intentions.

Task 4: If someone is avoiding eye contact and has their arms crossed, how is this likely to be interpreted?

Answer: The person may not be very approachable or friendly.

Task Title: BodyLanguageatWork_E_A3

Performance Descriptors

Levels	Performance Descriptors	Needs Work	Completes task with support from practitioner	Completes task independently
A3	Extract info from films, broadcasts and presentations			

This task: Was successfully completed Needs to be tried again

Learner Comments:

Instructor (print):

Learner (print):
