**The Do's Of Body Language**

* Find a comfortable stance that is not too casual. It must allow you to gesture with ease as well as to move to demonstrate or write on the board or use a technological aid.
* Keep constant eye contact with your class.
* Smile often. That's easy because it only takes 12 muscles to smile but 72 to frown.
* Lean forward towards a person while listening to their question.
* Nod to show understanding and recognition even if the student is wrong. Gently re-address.
* Take a lower position (kneel) when a student is angry to remove any power plays
* Use your hand to indicate silence when students are calling out (save your voice)
* Use the finger on the lips and power of silence to show your expectation

* Open palms
* Use gesture to add meaning to what you say.
* Make sure you maintain close contact with the class (don’t hide behind the desk or stay glued to the board)
* Show your enthusiasm for what you are doing in your voice, your gesture and the way you stand. Raised eyebrows, thumbs up, smiles, surprised face etc

**'Don’ts of body language**

* Hands on hip signals hostility.
* Folded arms or clicking fingers may portray an authoritarian and may display inappropriate behaviour in return.
* Rolling your eyes – shows lack of patience and boredom
* Tutting – shows your irritation
* Heavy sighing – could make the student feel like a burden or stupid
* Pointing your fingers – accusatory
* Don't shuffle, sway, or pace up and down.
* Avoid meaningless and repetitive gestures. No gesture (this means that your aural communication will not be reinforced because of the lack of visual communication usually given by gesture).
* Deadpan expression. By having such an expression you are not using a valuable asset (facial expressions) to convey sincerity and/or the importance to what you say.
* Nervous appearance. This gives the impression that you are not sure of what you have to say or are teaching. Remember you will always know 99% of the time much, much more than your students. Therefore, be confident or break the topic up into small manageable slices to ease your nervousness.
* Colourless language. Use words that add colour and excitement to what you teach. Your body language will follow.