Anshul Vij

Mrs.McGee

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Free Write #23: non-verbal language

I rely on non-verbal language many times in situations. Some examples could be, during a presentation, or a conversation with someone. If I cannot come up with the right words to describe a situation, I use hand movements to explain what I am talking about. Non-verbal language helps people comprehend what you are trying to explain to them. Eye contact can help too, by letting the person know you are talking to them. Face expressions can also help people know what mood you are in. In conclusion, the non-verbal language helps people understand what you are talking about, and it is sometimes better than common words.

Reflection-

This free write was about non-verbal language and how it affects your daily life. It also told you to give examples of non-verbal language in your life. This free write helped me realize, how many times I rely of non-verbal language in a day to day basis. I also learned many types of non-verbal language and what they are used for. If I were to do this again, I would have more examples of me using non-verbal language in my life. I would also include why non-verbal language is better than using normal words.