

# Body language advice



## IN AN INTERVIEW

If you're having a college or job interview, you need to look confident and attentive. So, you should sit up straight, put your shoulders back, and look at your interviewer. You shouldn't look at the floor because that makes you look bored.



## AT SCHOOL

If you want to show your teachers that you're paying attention, you should make eye contact when they talk to you. If you're sitting down, you shouldn't cross your arms or your legs because it can look defensive or rude. If you have to give a presentation at school, stand still and make gestures with your hands. It makes you look confident!



## MAKING FRIENDS

When you are talking to another person, lean forward to show that you are interested. But you **shouldn't** get too close, or the other person will feel uncomfortable. If you want people to like you, you **should** smile and nod your head "yes" to show that you're listening to them. But don't overdo it, or you might look a bit odd!



## DATES

If you want someone to feel connected to you, you ought to try "mirroring". That's when you copy the other person's body position and gestures. But you should do it carefully. If people notice you doing it, they might think that you're kind of silly! And one warning: if your date is touching their face or neck when they talk, you should be careful. They might be lying!

## Give advice

1 069 **Read and listen** Look at the pictures. Do they show positive or negative body language?

2 Match the body language with the message it might give.

- |   |                      |
|---|----------------------|
| 1 You sit up and lean forward. <input type="checkbox"/> | a You're interested. |
| 2 You smile and nod your head. <input type="checkbox"/> | b You're lying.      |
| 3 You cross your arms. <input type="checkbox"/>         | c You're defensive.  |
| 4 You touch your face. <input type="checkbox"/>         |                      |

3 Complete the chart with **should** or **shouldn't**.

| should and shouldn't                                 |                                   |  |
|--|-----------------------------------|--|
| + Affirmative  |                                   |  |
| I/You/<br>He/She/It/<br>We/You/They                  | 1 <input type="text"/> / ought to | smile.   |
| - Negative   |                                   |  |
| I/You/<br>He/She/It/<br>We/You/They                  | 2 <input type="text"/>            | smile.   |
| ? Interrogative                                      |                                   |  |
| 3 <input type="text"/>                               | I/you/he/she/it/<br>we/you/they   | smile?   |
| Short answers  |                                   |  |
| Yes, I/you/he/she/it/<br>we/you/they <b>should</b> . |                                   | No, I/you/he/she/it/<br>we/you/they <b>shouldn't</b> . |

## Think

Choose the correct alternative.

- We use **should** / **shouldn't** + **to + verb** / **base form** to give advice.
- We can use **ought to** in place of **should**. We don't usually use it in the negative or interrogative form.

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4 Complete the advice with **should** or **shouldn't**.

How to make a good impression:

- You  dress nicely.
- You  speak too quietly.
- You  talk about yourself all the time.
- You  listen to the other person.
- You  be polite.
- You  ask very personal questions.

5 **Pairwork** Think of advice for each problem.

What should I do?

You should ...

- My best friend isn't speaking to me.
- I can't sleep at night.
- I'm always late for school.
- I have a job interview tomorrow.