



MiCRO-EXPRESSIONS: WHEN NON-VERBAL CUES BUILD THE RELATIONSHIP



TIPS AND RECOMMENDATIONS

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**ADOPT THE "WELCOMING POSTURE"
AT THE BEGINNING OF THE SESSION**

**USE EYE CONTACT
TO PACE YOUR
INTERVENTIONS**

**REACT WITH
RECOGNITION
GESTURES**

4

**BE ATTENTIVE
TO YOUR ARMS**

5

**RECORD YOURSELF
FOR 2 MINUTES AND
OBSERVE YOUR
AUTOMATISMS**





PAY ATTENTION TO YOUR ARMS

Crossed arms can be perceived as a sign of distance or closed-off attitude.

➔ Prefer to keep your arms relaxed or open, along the body or lightly pressed, to signal listening and flexibility.



USE EYE CONTACT TO PACE YOUR INTERVENTIONS



Regularly turn your gaze towards students at the back or sides of the classroom.

➔ This helps avoid focusing attention on just one group and shows that **every student matters**.



REACT WITH GESTURES OF RECOGNITION



A nod, a **smile**, a **thumbs up**, or a **small hand gesture** are enough to value participation or effort.

➔ These micro-signs encourage **engagement without interrupting the flow of the session.**

5

FILM YOURSELF FOR 2 MINUTES AND OBSERVE YOUR AUTOMATIC RESPONSES



Choose a trivial moment (explanation, exchange, instructions) and watch it.

➔ You will identify your **parasite gestures** or, on the contrary, your **spontaneous signs of kindness**. An excellent self-coaching tool!



ADOPT THE "WELCOMING POSTURE" AT THE BEGINNING OF THE SESSION

From the moment the young people enter, adopt an open posture: feet planted, arms relaxed, shoulders loose, gaze steady.

➔ This sends a signal of **calm and available presence**, without even speaking.



"Nonverbal Communication In Your Classroom" - Teaching Channel



"Effective Nonverbal Communication in the Classroom: Examples And Strategies" - Michael Grinder Associates



"Non verbal Communication In The Classroom And Its Role In The Teaching And Learning From Educational Process"



Tips for teachers to use effective body language



"The Use of Non-verbal Communication in the classroom"- Salah Ali Mohammad Ali



"THE USE OF NON-VERBAL COMMUNICATION IN THE CLASSROOM" - SALAH ALI MOHAMMAD ALI

This article examines the use of nonverbal communication in the classroom, emphasizing its importance in enhancing interaction between teachers and students. It explores how gestures, expressions, and body language contribute to a more effective learning environment. Additionally, it highlights the role of nonverbal cues in conveying messages and supporting the educational process.



"NONVERBAL COMMUNICATION IN THE CLASSROOM AND ITS ROLE IN THE TEACHING AND LEARNING FROM EDUCATIONAL PROCESS" - ZANYAR NATHIR GHAFAR

This article explores the importance of nonverbal communication in the classroom, focusing on its role in the teaching and learning process. It examines how nonverbal elements such as gestures and facial expressions complement and enhance educational interactions. The article highlights the impact of nonverbal communication in creating a supportive learning environment.



"NONVERBAL COMMUNICATION IN YOUR CLASSROOM" - TEACHING CHANNEL

This article highlights the impact of nonverbal communication in classroom management and student engagement. He recommends that teachers consciously use their gaze, posture and gestures to reinforce their message. Being attentive to these signals helps create a positive and consistent learning climate.



"EFFECTIVE NONVERBAL COMMUNICATION IN THE CLASSROOM: EXAMPLES AND STRATEGIES" - MICHAEL GRINDER ASSOCIATES

In this video, Michael Grinder, a pioneer in nonverbal communication, shows how teachers can effectively use nonverbal cues in four key moments:

- to capture students' attention
- during instruction
- when transitioning to independent work
- and throughout seatwork.



TIPS FOR TEACHERS TO USE EFFECTIVE BODY LANGUAGE

In education, effective communication goes beyond just words. Using nonverbal cues effectively can help educators deliver more impactful lessons. This article examines how to apply these techniques for the benefit of both students and teachers.

