

**She Sat, He Stood**  
**What Do Your Characters Do While They Talk?**  
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Examples of Body Language Clues

<p><b>Eyes</b></p> <p>Direct eye contact indicates truth and openness while little or no direct eye contact signals the person is not telling the truth. When someone lies, their eyes glance down or from side to side.</p> <p>Eyes can stare, roll, blink, squeeze, or crinkle.</p> <p>Tears can flow due to stress or grief, fear, illness, or allergies. Tears can be big or small.</p> <p><b>Stance</b></p> <p>Body can sway away from another or closer (which can indicate either intimidation or intimacy depending on how it makes the other person feel when it is done).</p> <p>A body can be rigid denoting tenseness or relaxed denoting comfort with the situation.</p> <p>Hands can be crossed over one's chest, denoting determination or an attempt to warm a cold body.</p>	<p><b>Walk</b></p> <p>A person can walk beside a companion (equality), or slightly in front (leader), or slightly behind (follower).</p> <p>The type of walk can denote the feelings of person. Examples include stroll, amble, march, pace, saunter, skip— they all express different moods.</p> <p>Walk can also denote how a person perceives herself. Body upright, good posture, even stride denotes confidence while a slumped posture and hesitant stride denotes a lack of self- confidence.</p> <p><b>Legs and Feet</b></p> <p>Crossed legs with swinging foot denotes impatience as does tapping foot.</p> <p>Women tend to cross their legs at the knee while men will rest their ankle on their knee. A woman who sits like a man will send a different message than one who sits in a more feminine style.</p>
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