

# Acting for Animation

Week 1

# Body Language

- Non-verbal Communication
- Some sociologists say body language is instinctual, left over communication before spoken language.
- Reveals 'true' feelings
- What a person 'says' might be the opposite of their body language.

# Body Language

- Body language is hard or impossible to control.
- How people communicate
  - Clothes : 23%
  - Body language : 57%
  - Facial expressions : 20%
- People touch their face 10 times more than normal when they feel uncomfortable.
  - When you lie, you feel a tingling sensation around your face and neck, you need to touch or relieve the area.

# Body Language: Examples

- EYES (AS YOU SEE THEM)

- Upward to the right (their left). Trying to recall memories.



- Eyes - upwards to the left (their right). Creating visual images (we think in pictures).



- A hand over the mouth while talking indicates deceit. A desire to try and stop the words coming out of the mouth.



# Body Language: Examples

- Indicate critical analysis.



- Is an evaluation signal. Generally a positive evaluation. It's a time for thought process. Women - bottom of the chin



# Body Language: Examples

- Arms Crossed on Chest: Careful, You have a very negative signal, even if she is smiling.
- Hand clasping at a desk or in a chair on its own may indicate nervousness, insecurity or anxiety.
  - The more tightly clasped they are, the more the anxiety.



# Body Language: Examples

- The lowered steeping of the hands indicates listening
  - can also be a negative confidence gesture.
- The scratch to the back of the neck indicates uncertainty.
- Tugging, scratching ear
  - It can mean nervousness or deceit.
  - can mean a desire to shut out the words they are hearing
  - they've heard enough

# Body Language: Examples

- Clasped hands in front of the body are a barrier signal, seeking reassurance.



- The higher the hands are , the more confident the feeling.





# Body Language: Examples

- Indicate lethargy.
  - They maybe don't want to be there



- This is blatant territorial ownership. Claiming territory.
  - It could easily be disregard of other people's territory if it were say your feet on someone else's desk.



# Body Language: Examples

- Crossed legs can be comfort, but often indicate negativity.
  - Crossed 'against' vs Crossed 'with'



- Hands behind Head
  - Total confidence.
  - *This gesture can denote even arrogance.*
  - The most supreme will be when the chair is tilted back onto two legs or with feet on furniture

# Body Language: Examples

- An aggressive gesture, indicating their hidden behavior as being aggressive.
- Anyone who gives you a handshake with two hands, when first meeting you, is likely to be insincere and overwhelming, or even deceitful.



# Body Language: Examples

- Defensiveness
  - Arms crossed
  - Gripping
  - Leg over chair
- Openness
  - Lean forward
  - Open palms
  - shoulder motion
  - Unbuttoning
- Readiness
  - Hands on hips
  - Sitting on the edge
- Evaluation
  - Hand to cheek
  - Beard stroking
  - Lowered specs
  - Chewing specs
  - Pinching the bridge of nose

# Body Language: Examples

- Reassurance
  - Clenched hands with thumbs rubbing
  - Women- adjusting necklace
- Suspicion & secretive
  - Sideway glance
  - Touching nose
  - Rubbing ear/behind
  - Rubbing eyes
  - Hand over mouth
  - Touching of lips
- Self-control
  - Clenched hands behind back
  - Crossed ankles
- Frustration
  - Back of head
  - Tightly clenched hands
  - Wringing hands

# Body Language: Examples

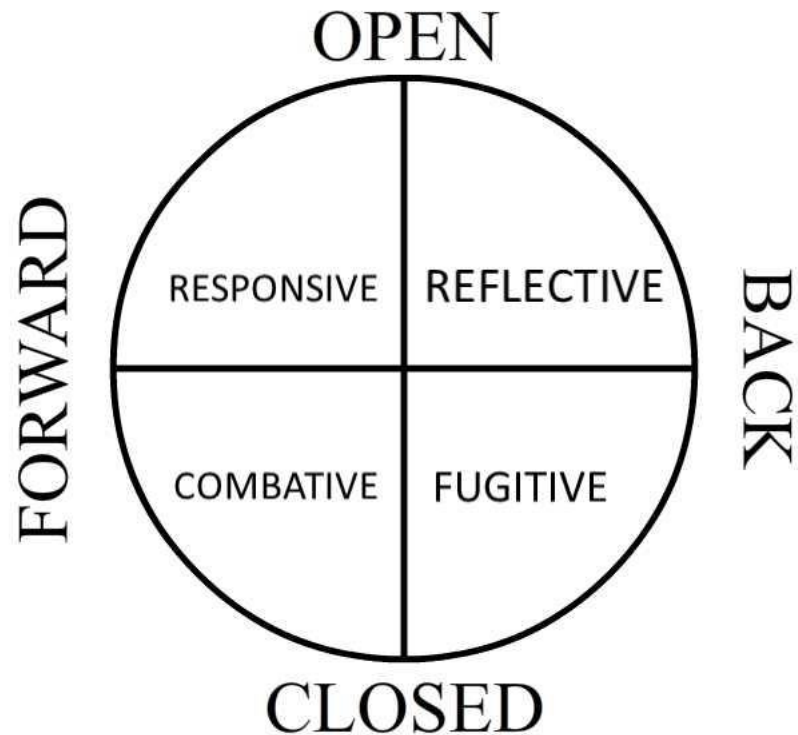
- Body Positioning
  - Body tilt (either for or away)
  - Body wall (block others attention)
  - Head tilt (coy)
  - Face to face (agreement)
  - Angled (disagreement)
  - Turn head away (cut off gesture)
  - Using objects to block
  - Picking lint off clothes (not agreeing with what's being said)
  - Swagger (demonstrate power, strength, dominance)
  - Looking down nose/raising/titling head
  - Arm movement (walking away)
  - Leg shake (wants to run away)

# Body Language

- Define the Context
  - What setting are you in?
- Check for Congruence
  - If the body language and the words match = congruent
- Look for Clusters
  - Rule of 'Four'
- Establish the Baseline
  - Non-verbal mannerisms when relaxed
- Pretend They are Nude
  - Closed legs, hands covering genitals = insecure or submissive

# Body Language

- Two basic groups of Body Language
  - Open/closed
  - Forward/back





# Body Language

- REFLECTIVE (OPEN + BACK)
  - LISTENING
    - head tilted
    - lots of eye contact
    - nodding
    - high blink rate
  - EVALUATING
    - sucks glasses/pencil
    - strokes chin
    - looks up and right
    - legs crossed in 4 pos. (ankle on knee)
  - ATTENTIVE (standing)
    - arms behind back
    - smile
    - open feet

# Body Language

- FUGITIVE (CLOSED + BACK)
  - BORED
    - staring into space
    - slumped posture
    - doodling foot tapping
  - LET ME GO
    - feet towards door
    - looking around
    - buttoning jacket
  - REJECTION
    - sitting/moving back
    - arms folded
    - legs crossed 11 position (thigh on knee)
    - head down frown
  - DEFENSIVE (standing)
    - feet pointing in
    - hands clenched

# Body Language

- **RESPONSIVE (OPEN + FORWARD)**
  - **ENGAGED**
    - leaning forward
    - open body
    - open arms
    - open hands
  - **EAGER (sprint position)**
    - open legs
    - feet under chair on toes
    - leaning forward
  - **READY TO AGREE**
    - closes papers
    - pen down
    - hands flat on table

# Body Language

- COMBATIVE (CLOSED + FORWARD)
  - LET ME SPEAK
    - finger tapping
    - foot tapping
    - staring
  - AGGRESSIVE
    - leaning forwards
    - finger pointing
    - fists clenched
  - DEFIANT(standing)
    - hands on hips
    - frown
  - LYING
    - touches face
    - hand over mouth
    - pulls ear
    - eyes down glances at you
    - shifts in seat
    - looks down and to left