**Handout for non-verbal communication exercises**

**Voice and tone exercise – Feelings**

1. Sense of doubt
2. Sense of exasperation
3. Sense of happiness
4. Sense of anger
5. Sense of concern
6. Sense of confusion
7. Sense of questioning
8. Sense of sarcasm
9. Sense of surprise

10. Sense of sadness

**Voice and tone exercise – Sincere or insincere?**

**Statements**

1. Beautiful, just beautiful.
2. I knew that.
3. That’s a nice coat.
4. You haven’t changed a bit!
5. Did you cook this yourself?
6. He’s such a delightful child.
7. Of course you didn’t do
8. I’ll get on it straight away.
9. Yes, I believe you.
10. Have a nice day.
11. You’re kidding, it looks so real.
12. Thanks for calling.
13. I’ll call you tomorrow
14. You got a pay rise?
15. Oh I think that’s a really good idea.
16. Of course.
17. I’m sure he can do it.
18. Excuse me!
19. Let’s have lunch.
20. Really? I’ve always wanted one of those.
21. Would you like another piece of cake?
22. How thoughtful!
23. Congratulations!
24. She really has a way with words.
25. Yeah - Right.
26. What a voice!

**Reading exercise**

1. Then from the gladdened multitude went up a joyous yell -

It rumbled in the mountain tops, it rattled in the dell;

It struck upon the hillside and rebounded on the flat;

For Casey, mighty Casey was advancing to the bat.

There was ease in Casey’s manner as he stepped into his place,

There was pride in Casey’s bearing and a smile on Casey’s face,

And when responding to the cheers he lightly doffed his hat,

No stranger in the crowd could doubt ‘twas Casey at the bat.

Thayer

2. To everything there is a season, and a time to every purpose under the heaven.

A time to be born and a time to die; a time to plant, and a time to pluck up that which is planted.

A time to kill and a time to heal; a time to break down and a time to build up;

A time to weep, and a time to laugh; a time to mourn, and time to dance.

Ecclesiastics 3:1-8

3. An optometrist was instructing a new employee on how to charge a customer. “As you are fitting his glasses, if he asks how much they cost, say ‘$75.’ If his eyes don’t flutter, say ‘For the frames. The lenses will be $50.’ If his eyes still don’t flutter, you add ‘Each.’

Mamie Brown

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4. With the quickness born of practice she collected the necessary paraphernalia: vases, water, flower-holders. ‘I wish we had lilies,’ thought Bunch to herself. ‘I get so tired of these scraggy chrysanthemums.’

Agatha Christie

5. We shall not flag or fail. We shall go on to the end. We shall fight in France, we shall fight on the seas and oceans, we shall fight with growing confidence and growing strength in the air, we shall defend our island, wherever the cost may be, we shall fight on the beaches, we shall fight on the landing grounds, we shall fight in the fields and streets, we shall fight in the hills; we shall never surrender.

Winston Churchill

6. The woods are lovely, dark and deep.

But I have promises to keep,

And miles to go before I sleep,

And miles to go before I sleep.

Robert Frost

7. My six-year-old daughter was drawing in the back seat of the car. “Mommy, here’s a picture of you,” she said as she handed my wife a stick drawing. “Wait,” she added, “I forgot the ears.” Then, after a pause, she continued: “Oh, it doesn’t matter. You don’t listen anyway.”

Philip Coleman

8. Civil defence officials lowered to seven the confirmed death toll Friday from a strong earthquake that jolted central Ecuador when morning light showed damage was not as bad as first thought. A civil defence spokesman said officials have so far accounted for fewer than half the 19 dead they originally reported.

*Ottawa Citizen*

9. My nerves thrilled with anticipation when at last the cold wind upon our faces and the dark, void spaces on either side of the narrow road told me that we were back upon the moor once again. Every stride of the horses and every turn of the wheels was taking us nearer to our supreme adventure.

Arthur Conan Doyle - *The Hound of the Baskervilles*

1. Guinevere stood and stared, transfixed by a vision so beautiful that it almost seemed unreal. A wide lake of silver shone in the light of a waxing moon. Rising out of the water on the far side, the towers of the city of Camelot glimmered with the light of a thousand torches.

Elizabeth Chadwick - *First Knight*

11. Heading into the jungle on his first safari, the Canadian visitor was confident he could handle any emergency. He sidled up to the experienced native guide and said smugly, “I know that carrying a torch will keep lions away.” “True,” the guide replied. “But it depends on how fast you carry the torch.”

*Reader’s Digest*

12. Sometimes the pick would strike a rock hard enough to flash sparks, and the shiver would travel up the wooden shaft to vibrate in his hands. He could feel blisters forming on his palms and didn’t care although he was, like most doctors, usually careful of his hands.

Stephen King - *Pet Sematary*

13. In a hole in the ground there lived a hobbit. Not a nasty, dirty, wet hole, filled with the ends of worms and oozy smell, nor yet a dry bare, sandy hole with nothing in it to sit down on or to eat: it was a hobbit-hole, and that means comfort.

J.R.R. Tolkien - *The Hobbit*

14. It was about eight o’clock, the sun was going down. There was still the same breathless heat as before; but it was with greed that he inhaled this stinking, dust laden, town-infested air. His head began to go round a little; a kind of wild energy suddenly shone in his inflamed eyes and pale yellow, emaciated features.

Dostoyevsky - Crime and Punishment