

Lab - 3

Topic: Proximics & Kinesics

Date: _____





Proxemics

Proxemics is a theory of non-verbal communication. It explains how people use space to achieve communication goals. Introduced by anthropologist Edward T. Hall in the 1960s, the theory emerged from studies of animal behavior conducted in the 19th and early 20th centuries. Proxemics is one of the five non-verbal communication theories, the others being semiotics (sign language), kinesics (body language), haptics (touch) and chronemics (time).

Write appropriate Proximity Zone in the given space.

- 1- Relatives, Supervisor, Coworker, Friends _____
- 2- Son, Daughter, Father, Husband / Wife _____
- 3- Election rallies, Music consort, Religious Lecture series _____
- 4- Meeting, Seminar, Symposium _____

Following pictures stands for four Proximity Zones. Write appropriate distance under each picture.

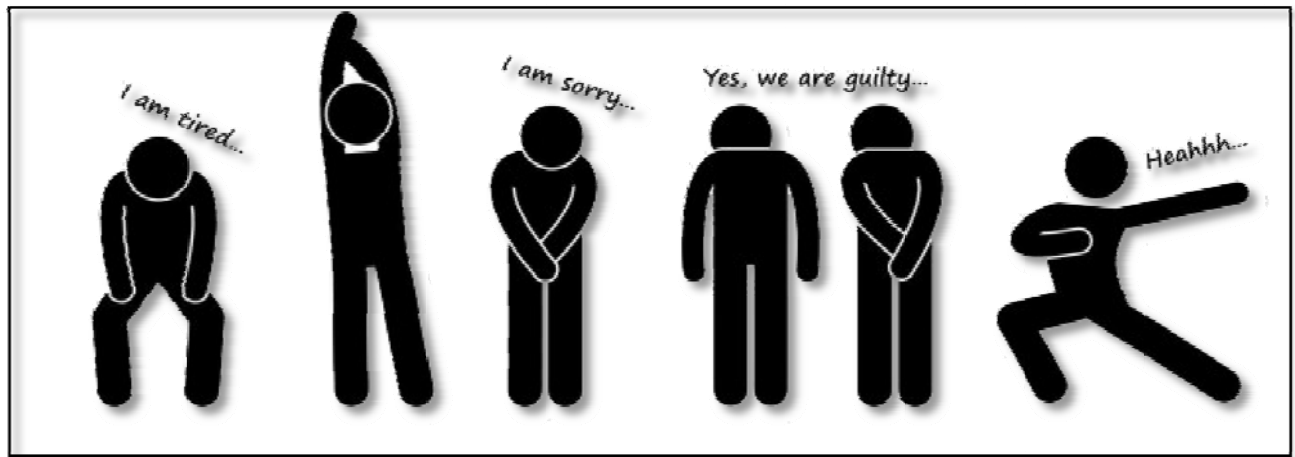
	
	

Kinesics

Read following paragraph and fill in missing words form the bracket.

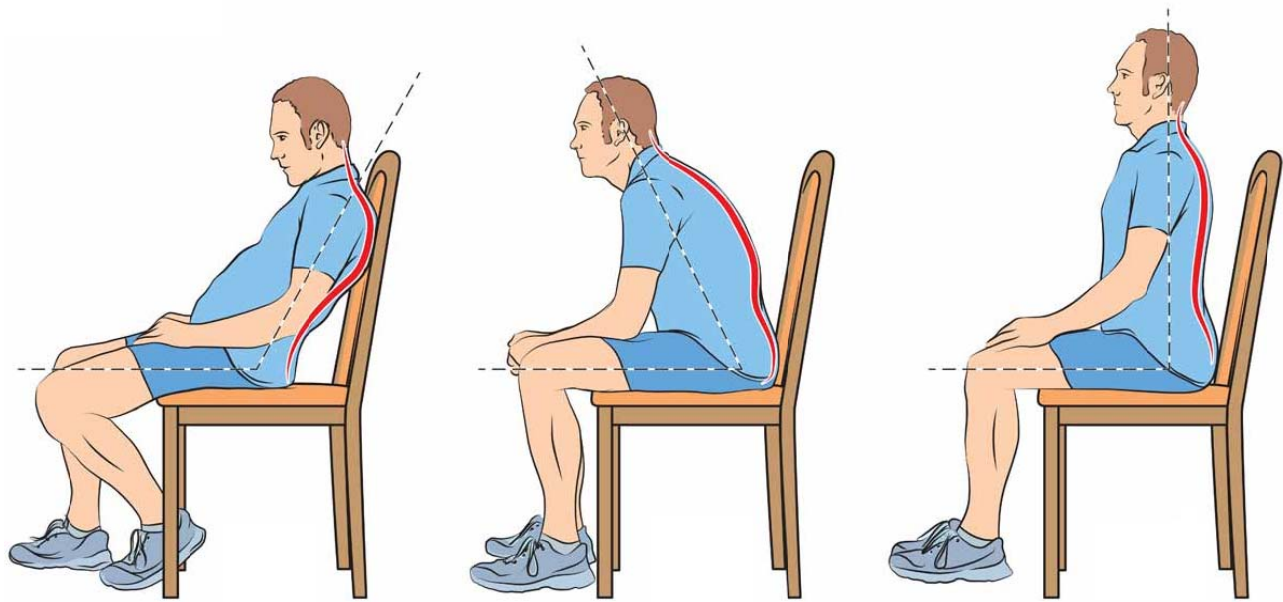
[Study, non verbal, eyes , Motion, hands, head, shoulders, verbal, body movements]

Kinesics means movement or _____. It has its root in Greek language. The term 'kinesics' was developed by an American anthropologist Ray L. Birdwhistell. He gave it a name 'Kinesics' because here to communicate a person uses movement of body parts or the full body. In short, it is a name given to the _____ of the body's physical movements or nonverbal communication. Nodding _____, blinking _____, shrugging _____, waving the _____, and other such physical activities are forms of communication. It adds life in our verbal communication. In face to face communication the message is conveyed on two levels simultaneously. One is _____ and other is _____. Non verbal communication is the key for successful aural communication. It has close concern with _____. It is important to know more about some features of body language because people react strongly on what they see.



Find the correct Feature of Kinesics for the given sentence and write it in answer column.

No.	Correct Answer	Sentence		Feature of Kinesics
1		A movement made by hands, arms, shoulders, head and torso	A	Personal Appearance
2		Face is the most expressive part of our body	B	Gesture
3		The way we hold ourselves when we stand, sit or walk is	C	Posture
4		People see you before they hear you	D	Facial expression
5		It is considered to be the windows of the soul	E	Eye contact



1. Slumped 2. Lean forward 3. Erect

Which feeling each gesture passes on? Write in bellow given space.

How to shake hand

- Firm- neither hard nor soft
- Avoid hand crushing handshake
- Avoid long shakes
- Just 2 or 3 shakes
- Have short introductions
- You can prefer a "Namaste" or "Hello" as per the culture
- Normal distance between two people can be 2.5 to 3 feet.



✗



✓



✗

Tips to follow for better personality

- Avoid hands in pockets
- Do not spit here & there
- Never pick nose or teeth
- Don't scratch the head
- Avoid hands on shoulders
- Don't drag your feet while walking
- Avoid fiddling with pen and juggling coins or fidgeting keys
- Be conscious about your clothes and wear neat and clean garments
- Dress according to the occasion
- Try to read faces while talking to them



Story

Good communication practice can save your life

Juan worked at a meat distribution factory. One day, when he finished with his work schedule, he went into the meat cold room to inspect something, but in a moment of bad luck, the door closed and he was locked inside with no help in sight.

Although he screamed and knocked with all his might, his cries went unheard as no one could hear him. Most of the workers had already gone, and outside the cold room it's impossible to hear what was going on inside.

Five hours later, whilst Juan was on the verge of death, the security guard of the factory, eventually opened the door and saved Juan's life.

Juan then asked the security guard how he got to open the door, as it wasn't part of his work routine, and he explained thus: "I've been working in this factory for 35 years, hundreds of workers come in and out every day, but you're one of the few who greets me in the morning and says goodbye to me every night when leaving after working hours. Many treat me as if I am invisible. Today, like every other day, you greeted me in your simple manner ' Hello ' at the entrance when resuming for work. But curiously, after working hours today, I observed I've not heard your ' bye! see you tomorrow '. Hence I decided to check around the factory. I look forward to your ' Hi ' and ' bye ' every day. To you, I am someone. By not hearing your farewell, I knew something had happened. Then I sought and found you!"

