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THE ROLE OF BODY LANGUAGE IN TEACHING ENGLISH

Abstract: In this article it was discussed some issues in teaching English with body languages. The main aim of this article is to analyze the role of body language and its influence in teaching process. Some tips for successfully using body languages are also given in this work and reader can utilize it for his or her practical classes.

Key words: body language, gestures, atmosphere, physical appearance, facial expressions, eyesight.

Language: English

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Introduction

These days, most people know that learning languages, especially learning English becomes more and more essential to students. Students often learn English through the classroom teaching. Owing to the disadvantages of traditional teaching, teachers need to reform teaching methods to arouse students' interest in English and help them to learn better. There are many helpful and proper methods to get the goal and one of them is using body language.

What is body language? Body language is a necessary part of people's communication. It includes gestures and facial expressions. It is also called nonverbal communication. In education, body language plays an essential role in cultivating student's characters for teachers are usually imitated by students. During the teaching process, body language as a secondary means of teaching English is vivid, it can warm-up the class atmosphere, help students to understand the topic, shorten the distance between teacher and students and improve the quality of teaching. English teaching is a key part of the school education. Generally, traditional English teaching considers teachers as a center, book learning

as a standard and examination handling as the goal. As a result the interest and desire of the students may decrease. In addition to that according to the students' present level and practical situation, body language is required.¹

Methods

Body language is a silent and true language, which can define a speaker's inner world, it always catches one's eye mostly in no communicative.

A. The Importance of Body language

Teaching by example of teacher is reflected in many ways and body language is a part of teaching by example. During the communication between students and teachers, all of the attitudes, feelings and self-cultivation are displayed through the instrument, facial expression, gestures, glances and even clothing have far-reaching implications on students. The appearance is the first impression of teachers to students and by this way teachers may gain students' admiration and goodwill. It will give students a good impression and add the charm of education.

Our body language reveals the truth of what really is happening or what we mean to say rather than

¹.Klima, Edward; Bellugi Ursula. (1979). The signs of language. Cambridge, MA: Harvard University Press. ISBN 0-674-80795-2.

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our words. We can show our attitude, feelings and moods with non-verbal communication even better than words sometimes. Someone's happiness, sadness, interest or boredom can be detected through non-verbal language. If we want our students to feel confident, we should smile in the class even if students make mistakes. A warm smile can let them know that they can commit mistakes but it is the process of learning. Teachers can use a variety of vocal intonations while presenting new material.² For example, loud and soft voice can be used while teaching opposite words like "fat" and "thin" respectively.

Eyes are the "windows to the soul". Looking straight into students' eyes creates a positive relationship with them. Teachers can especially maintain a good eye-contact, students feel that the teachers are with them. Teachers can especially maintain a good eye-contact while emphasizing on an important topic.

B. The necessity of Body language

Most teachers can impact students not only on teaching content, but also on the thinking style. If a teacher is preciseness, the students will feel the class boring, and have no passion to learn. On the other hand, the teacher with passion, the students will be full of vigor, and the teaching will become interesting and proceed smoothly.

Results

1.To make friendly atmosphere in classroom.

If a teacher has good appearance, wonderful gesture and reasonable eyes, it will make a cozy atmosphere in class. This also make a lesson more interesting. On teaching, we always use flexible body language depend on the needs of students. At this time students attention is focused, the consciousness of practice in classroom activities is enhanced, the interest, feeling and will of students are stimulated, then the effect of teaching can be improved.

2.To encourage students' imagination

Body language has strong defining and performance, it can make the language visualize and materialize. In teaching, we should make the body language yield well, and arouse the curiosity of students, to make a good and harmonious classroom atmosphere, grasp the knowledge efficiently and qualitatively, improve the teaching quality effectively.

C. The Skill of Use Body Language in English Teaching

In classroom, body language mainly includes: eyes, physical appearance, gesture, body language and distance. Different classroom needs different body language.

Facial expressions- in teaching process, teachers provide the students with messages through their own facial expressions. In the process of class exchange, teachers express their affection; optimism and deep confidence to the students. The students will feel warm and become active. The facial expressions of teachers in English teaching should change along with the changing of class contents and teaching circumstances. Also teachers' delight, anger, sorrow and joy should appear at the right moment, infect the students to make them have the feeling of delight and sorrow at the same time. They can't take their own passive morals into the classroom. Apart from this, smile can give a positive feedback and impacts the effective domain by communicating pleasure, trust, friendliness, interest, excitement or surprise. While we are teaching English, the use of smile is very important. Students can ease pressure on learning English and create hopeful and optimistic mind with the help of teachers' natural smile.

Eyesight-eyes are the windows of heart. Through the window, teachers transmit information which can't be expressed by verbal language to the students. An excellent teacher should have a pair of eyes which can speak. Teachers should be good at using eyes to transmit messages, exchange feelings, express attitudes and carry on teaching. If a teacher stared angrily at the students who didn't concentrate his attention nor did some petty actions in classes, the students would restrain himself consciously.³ When a student didn't answer a question for a long time because of his shame of making mistakes, an encouraging eyesight from his teacher would make him become more confident than before. Eyes are also an essential part on our faces. A good teacher always knows how to use eye contact, Teachers often have a face to face communication with students, so eye contact can be described in the following kinds: survey and focus.

Survey is to look at students regularly. In teaching, teacher can remind students to listen to the teacher careful relying on survey. After asking the question, the survey of teacher can find the student who wants to answer, and remind the students who don't think about.⁴

Focus is to use eyes staring at a student for a long time. Focus includes serious one. The close watch is

²Kurien, Daisy N (March 1, 2010). "Body Language: Silent Communicator at the Workplace". IUP Journal of Soft Skills.

³Tracy, Jessica L; Robins, Richard W. (2008). "The nonverbal expression of pride: Evidence for cross-cultural recognition". Journal of Personality and Social Psychology.

⁴Merabian, Albert (2009). "Silent Messages"- A Wealth of Information About Nonverbal Communication.

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the most important focus. When students, feel nervous, teacher's smiling eyes will let students relax.

Movement-the main movements is gestures. Gestures are the most important part of body language. Gesture is a very complex kind of body language, which is the most useful tool for communication before people create and use spoken language.

Usually, people use hand contact or hand movements to interpret each other's mental activity or state of mind, and express our intent by hand. In English teaching, teachers can use gesture to express the meaning of words concisely, comprehensively and visually. The English teaching in classes focuses on communication activities. Dull and dry communication will make students produce detestable feeling but lively, vivid, even exaggerated actions and gestures can enliven the teaching circumstances, making the activities go off without a hitch.

C. The use of Body Language between Teachers and Students

The performance of body language is to help to release of the students' emotions. Teachers can apply body language in speaking, listening and even reading in class. For instance, a teacher can extend his or her arms slowly while saying "They studies in a very big house". As a result, the students will have the impression that the room is very big. English classroom can literally be a stage for teachers as well

as students. For the purpose that teachers teach in a cozy environment, they can change the classroom into a shop, a hotel, a park or even a hospital. Few role plays in flow with the topic to be taught and a teacher can expect an amazing learning experience.

Discussion

According to school students, distinctive figures will greatly influence their thoughts. Therefore, the use of body language in schools is very helpful for students. Then with the limitation of the use of mother language, the students will be studying in a good environment.

Conclusion

From all the above, we find that body language plays a vital role while we are teaching English. Body language has strong characteristics in images and informative functions. It can make the abstract things become specific. To sum up, practice makes perfect. The 45 minutes in class is very precious and should be educational reforms, cherished during which the students should practice as much as possible. At the same time, the recent educational reforms, the students' present level and the practical situation like their limitation of vocabulary requires teachers to simplify their teaching language with the help of facial expressions, eyesight, body movements, namely body language.

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