Advocate discussion on:

Body Language and why this is essential to our lives

Outline of discussion

- What do we mean by body language and why is this useful

- Visual language is universal

- Our data brain

- Why are ND people often good at this? Discussion

- Deciphering body language-Federal Bureau of Investigation (FBI)

Government Communications Headquarters (GCHQ)

- Examples or are they?

- Where does AI fit into all this?

- References

What is body language?

- Body language is a range of nonverbal signals that you can use to communicate your feelings and intentions.

- These include your posture, facial expressions, and hand gestures.

- Your ability to understand and interpret other people's body language can help you to pick up on unspoken issues or feelings

Why is it useful?

Being aware of body language in others can mean that you can pick up on unspoken emotions and reactions.

It is a valuable form of feedback and can give deep understanding of a situation

The universal language

- We use visual stimuli to interpret and understand the environment and people within it - relationships

- We respond to and process visual data better than any other type of data

- A 2-dimensional image, yet the brain understands the depth in the surrounding - being neurodivergent

- Research findings indicate that using visual communication produces positive results in enhancing memory. Vanichvasin, P; et al (2020)

Sources:

https://www.psychologytoday.com/us/blog/get-psyched/201207/learning-through-visuals

Vanichvasin, P et al (2020) Effects of Visual Communication on Memory Enhancement of Thai Undergraduate Students, Kasetsart University. Accessed onine at : https://files.eric.ed.gov/fulltext/EJ1288746.pdf

Our data brain

- This is because our brains process images 60,000 times faster than text.

- Visual communication has a greater chance of getting the message across to our limited attention spans.

- 90 percent of visual information is transmitted to the brain

- The human brain is faster in processing visual information than written information.

- Designers can leverage unique and prominent visual

cues to hook users to their content

Source: https://www.t-sciences.com/news/humans-process-visual-data-better

Body language and being Neurodivergent (ND)

Why are ND people often good at body language?

Discuss !

Body language and being ND

- Memory and visual cues

- Symbolic imagery for referencing

- Ability to think in multi dimensions

- Filmic memory

- Visual imagery that is sustained

- For austic people- visual cues can be very important as a learnt system

Source:

Hewlett, k (2019) Socio - cultural investigation of visual dyslexic cognition. University of the Arts London

Former FBI Agent Explains how to read Body Language

Joe Navarro:

Spy catcher and non-verbal communications expert

https://www.youtube.com/watch?v=CfNEHW3qgso (political)

https://www.youtube.com/watch?v=aThjX4rsnfk (Historical)

Others to look at:

https://www.youtube.com/watch?v=4jwUXV4QaTw

https://www.youtube.com/watch?v=VRJzvJ5XPQI

Physiological and Psychological depth cues such as:

Orientation/ Motion/ Space

Scale / Perspective/ Line

Shape/ Form/ Texture

Colour/ Pattern/ Tone

Body Language Examples

- **Eye Contact**

You may need to make eye contact with the person you're talking to if you want them to feel comfortable with the conversation and accept what you have to say. In general, most people are comfortable with eye contact with a stranger for about three seconds at a time. Once you become a friend, they usually don't mind maintaining eye contact with you for longer periods of time.

- **Looking Down**

Looking at the floor or ground may make you appear weak and unconfident. Unless there's something you need to discuss down there, you may want to keep your eyes on the level of the other person's face. When you break eye contact, as you should every few seconds, consider looking to the side as opposed to up or down.

- **Rubbing Your Hands Together**

Rubbing your hands together vigorously can indicate excitement.

- **Putting Your Head In Your Hands**

When you put your head in your hands, it could mean that you're bored, as if you're so weary of life that you just can't hold your head up anymore. It can also indicate that you're upset or so ashamed you don't want to show your face.

Source: https://www.betterhelp.com/advice/body-language/22-body-language-examples-and-what-they-show/

Body Language Examples 2

- **Wearing Micro-Expressions**

Micro-expressions are brief facial expressions in about 1/25th of a second. They usually happen when trying to hold back your emotions. When you see someone showing a micro-expression, it could mean that they're trying to conceal an emotion from you.

- **Placing Your Hand On Your Cheek**

When you touch your cheek with your hand, you might show that you're thinking and carefully evaluating the information you're receiving.

- **Tilting Your Head To One Side**

When you tilt your head to the side, it may mean you're listening intently and deeply interested in the information you're hearing. It can also mean you're concentrating very hard.

- **Crossing Arms Across Your Chest**

Your arms and legs are perhaps one of the first types of nonverbal communication people tend to notice. Sitting or standing with arms crossed across the chest may be interpreted as defensive body language. When a person crosses their arms, they are usually viewed as insecure, annoyed, or closed off.

Source: https://www.betterhelp.com/advice/body-language/22-body-language-examples-and-what-they-show/

Is AI beoming the universal language?

- Now AI can predict how users perceive specific designs before the interaction happens

- Considers the visual cues present in the design and replicates the signals generated between our eyes and the brain. These signals analyze which elements capture the most attention

- Built by scientists at Queen Mary University , the Dragonfly AI platform started off as an app.

Source: https://dragonflyai.co/resource/what-are-visual-cues

References

- https://www.betterhelp.com/advice/body-language/22-body-language-examples-and-what-they-show/

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- Hewlett, k (2019) Socio - cultural investigation of visual dyslexic cognition. University of the Arts London

- https://www.mindtools.com/aejjzul/body-language

- Navarro: non-verbal communications expert (2023) Available online at: https://www.youtube.com/watch?v=aThjX4rsnfk

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