

Select Readings, Second Edition
Pre-Intermediate, Chapter 13 Test

Read the passage and answer the questions that follow.

Universal Body Language

Body language is something we all use each and every day of our lives. Sometimes, we use it without even knowing we do. Body language helps us understand how other people are feeling and thinking. But is body language the same in all parts of the world?

We all know that when someone is happy, they smile. Their eyes widen and they seem to ‘open up.’ When someone is sad, the opposite is true. A person gets a sullen look, their shoulders may droop down, and their eyes may even become wet. But did you know that there are actually seven universal body language signals? It’s true. All across the planet, in every culture, the way people express happiness, sadness, boredom, fear, anger, surprise, and disgust¹ are the same.

Boredom is easily identified. When people are bored they may yawn², tap their fingers, or move their legs a lot. You can also tell when someone is distracted due to boredom when they focus on or look at other people or things than the person to whom they are speaking.

When people show fear, they often look anxious and put their hands over their face to avoid looking at the object that makes them afraid. Clenched fists³, a reddening face, and intense eyes show that a person is feeling anger.

Surprise and disgust are quite similar. The mouth and eyes will become wide open. However, with disgust, the body and face move away from the object causing the emotion.

Understanding body language can help you understand other people even if you don’t speak their language. Experts say that about 70 percent of all communication is done without words. So even if you don’t speak another person’s language, their body language may already tell you a lot of what you need to know.

1. The reading passage is primarily about _____.
 - A. how body language helps us communicate, no matter where we’re from
 - B. how body language is different around the world
 - C. what people do with their eyes when they feel different things
 - D. how to use your body to show someone what you feel
2. In paragraph 2, what does “sullen” mean?
 - A. With eyes widened
 - B. With a smiling face
 - C. With a sad face
 - D. With an open face
3. Which of the following is not listed as one of the seven universal body signals?
 - A. Boredom
 - B. Anger
 - C. Nervousness

¹ **disgust** the feeling that something is terrible or awful

² **yawn** open one’s mouth and take in air, usually when feeling sleepy

³ **clenched fists** holding the fingers close to the palm of the hand tightly, like a fighting pose

- D. Happiness
4. According to the reading, which of the following is not a sign of boredom?
 - A. Looking at the person to whom they're speaking
 - B. Moving one's legs
 - C. Tapping one's fingers
 - D. Yawning
 5. When people feel fear, they _____.
 - A. look at the thing they're afraid of
 - B. put their hands over the thing they're afraid of
 - C. look away from the thing they're afraid of
 - D. try to avoid looking anxious
 6. Which of the following is not a sign of anger, according to the passage?
 - A. Looking anxious
 - B. Intense eyes
 - C. Reddening face
 - D. Clenched fists
 7. According to the reading, how are the signs for surprise and disgust different?
 - A. In disgust, the mouth opens.
 - B. In disgust, the body and face move away from the object.
 - C. In surprise, the eyes are wide open.
 - D. In surprise, the body and face move away from the object.
 8. Which emotion is identified by wet eyes?
 - A. Happiness
 - B. Surprise
 - C. Anger
 - D. Sadness
 9. Which of the following pairs of emotions both cause someone to look away from someone or something?
 - A. Anger and surprise
 - B. Surprise and sadness
 - C. Boredom and disgust
 - D. Happiness and anger
 10. Which sentence is the best summary for paragraph 6?
 - A. Understanding body language may tell you a lot about what a person means, even if you don't speak their language.
 - B. Body language tells you everything you need to know about a person, even if you don't speak their language.
 - C. About 70 percent of body language is different if you don't speak the other person's language.
 - D. Experts can read up to 70 percent of a person's body language, even if they don't speak their language.