

Midwinter Tuition

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Hand gestures

The best place to learn about hand gestures is <https://www.scienceofpeople.com/hand-gestures/>

Try these gestures today:

1. Every time you mention a number, show that number with your hands. E.g. "I work with 3 different people", "This project has four strands", "We have five choices today". Try.
2. If mentioning increasing or decreasing, show this with your hands. E.g. "It's a little problem, no big deal", or "This is a big issue", "the company's growth is immense", show this with your hands.
3. If mentioning any emotional issue, place your hand on your chest. If something is not emotional, don't gesture there. E.g. "This is really important to me".
4. If mentioning something with two sides, e.g. "Political Party A and Political Party B", "The Plaintiff and the Defendant", "Dogs and Cats", remember which hand 'belongs' to which side of the division.
5. The same is true if bringing two sides together. E.g. "I match people with their perfect home", "I bring students together", bring your hands together.
6. Remember pointing with the finger can be seen as aggressive, so use an open hand, or a closed fist, this is good when making a point, e.g. "this is a point where I cannot be moved".