Is your BODY in the group?

Ask yourself, are you...

- Sitting or standing in the group’s circle or space?
- Turning your body toward the group and speaker?
- Looking with your eyes at the speaker(s)?
- Using your body to show you are interested? (eye contact, nodding, “mhmm”, smiling)

Concept created by: Michelle Garcia Winner
Visual tool created by: Jill Kuzma, 2/08
Is your BRAIN in the group?

Ask yourself, are you...

• Looking with your eyes at the speaker?

• Aware of the topic?

• Saying questions or comments about the topic?

• Thinking about other people in the group?
  - What are the other people feeling?
  - What are the other people thinking?
  - What is the other person saying with their face and body?
  - Are other people interested?
Keep your BRAIN in the group!

Keep your BODY in the group!