



# Behavior Communicates

Our actions tell people a lot. Without talking, a person communicates by action.

The way a person acts tell us how they are feeling. We can get an idea of what a person is thinking by how they behave. People let us know if they understand by what they do.



People's actions always express something. There are many ways to communicate a message. **We all use our behavior to communicate.** Have you ever been angry and slammed a door? Been excited and jumped up and down? When you get frustrated, what do you do? When a person doesn't talk, they are often frustrated. All behavior communicates.

Different ways that a person could say, "I want to stop":

- Verbal words "I want to stop."
- Throwing body on the floor and kicking
- Gesturing "STOP" (like a police officer directing traffic)
- Sitting down and crossing arms
- Yelling loudly while pushing away people or items
- Walking out of the room
- Pressing a button on a device that plays a recorded "I want to stop" message
- Using American Sign Language to sign "all done" or "I want to stop"
- Crying and hitting self in head with palm of hand

Some of the means of expression we just mentioned are acceptable in our culture. And some of these as bad or "inappropriate" behavior." But ALL are sending the message "I want to stop."

What are some ways that a person could say "keep doing that" when you are tickling his arm?

- Speech—"do it some more!"
- Body movements—pulling or grabbing your hand to continue
- Gestures—pumping upward facing fist in a "gimme" gesture
- Sounds—laughing and smiling while you are tickling
- Movement—walking up to you and putting his arm out
- Device—Pressing a button that plays a recorded "I want more" message
- American Sign Language—sign "again" or "more"