

## **Exercise #6**

During your next interaction with the public - going to the store, the gas station, the park, school, work, greeting the mail carrier, etc.

No matter the circumstances, offer a sincere smile of greetings to every person you encounter for 1 day.

- Keep count of how many are smiling already when you shine your light in their direction.
- Did their expression change when they saw your smile?
- If they weren't smiling, did they smile back?
- If they were smiling did their smile get bigger and brighter?
- How did it make you feel with each encounter?
- By the end of the day were you forcing yourself to smile at others?
- Did anyone ask you why you were smiling at them?
- Did your smile inspire a conversation?

Watch their body language -

- Did their posture straighten just a bit?
- Did their pace increase as they were walking?
- Did they appear frightened? Confused?

What is your body language while you are smiling at them? What message are you sending with your smile?

Repeat this exercise once/month until you begin to recognize the body language of people around you.

**Field Notes:**

## Communicating In Nature

Let's take what we learned about body language and alternative methods of communication among people in **Exercise #6** and apply it in nature.

Most organic beings have some method of communication. When we encounter something other than human, how do we respond? How does that other respond? Can we exercise any control over these situations?

**Field Notes:**