

Body Language

How do humans and other animals communicate with each other? Of course, humans communicate verbally by talking and making other sounds like laughing. Most other mammals also communicate by making sounds as well. Sophisticated intelligent mammals, especially dolphins and whales, possess well-developed verbal skills and communicate with high pitched sounds that carry through the water. Researchers are actively working on deciphering and interpreting these sounds in order to understand dolphin and whale language.



Verbal communication is accompanied by non-verbal body language that also conveys meaning and emotion. Body language includes facial expression, posture, position of the arms and many other cues that help in understanding the meaning of verbal communication. In the absence of verbal communication body language can be sufficient to convey meaning. Sometimes merely a stern look from Mom or Dad or a teacher lets you know that you are not behaving properly; no words are necessary!

Compare these two scenes. Your brother hides a rubber snake under the covers of your bed. Smiling, you toss it at him and say, "I hate you!" In scene two, shaking with rage, you hurl it at him and yell, "I hate you!" In these two scenes the verbal communication, the words spoken, is identical but the body language is entirely different. It's easy to see from these two cases how important non-verbal body language is in how verbal communication is interpreted by someone else. The best actors not only speak well but also use subtle changes in facial expression and overall body language when portraying a character to make the character real.

Some body language is a result of automatic body responses. For example, people automatically react to an unexpected loud noise. Successful people are aware of their body language and its effect on others. As a result, they learn to control their body language. Have you heard the term "poker face?" Good poker players control their facial expression and other body language so their opponents have no idea whether they have a winning hand or are just bluffing.

Name: _____ Date: _____

Multiple Choice Questions

Circle the correct answer.

1. Verbal communication includes
 - a. Posture
 - b. Facial expression
 - c. Words
 - d. All of the above
2. Whales and dolphins communicate by using
 - a. Low-pitched sounds
 - b. High-pitched sounds
 - c. Both a. and b. above
 - d. None of the above
3. What kind of communication is body language?
 - a. Non-verbal
 - b. Verbal
 - c. Both a. and b. above
 - d. None of the above
4. Good actors are masters at
 - a. Verbal communication
 - b. Non-verbal communication
 - c. Both a. and b. above
 - d. None of the above
5. An example of an automatic body response is
 - a. Being startled by a loud noise
 - b. Yelling
 - c. Folding arms over the chest
 - d. All of the above
6. Successful people are
 - a. Aware of their body language
 - b. Aware of the effects of their body language
 - c. Both a. and b. above
 - d. None of the above

Name: _____ Date: _____

Short Answer Questions

1. Create a Venn diagram that compares and contrasts verbal and non-verbal communication.
2. Do some research and listen to whale or dolphin sounds on the Internet. Would you like to be a researcher working on deciphering whale and dolphin language? Explain why or why not.
3. Watch a movie where a talented actor portrays a major character. Describe three scenes from the movie where the actor's body language contributes greatly to the scene.
4. Do some research and explain what pantomime is. With a team of your classmates, create your own pantomime play.
5. Have a class discussion and talk about situations where someone misinterpreted something someone said because of their body language.
6. Have a class discussion about why it is important to convey positive or neutral body language. For example, a person is very nervous about a job interview. Why should this person show calm body language during the interview?
7. Body language is an important part of competition. The reading discussed the term "poker face." List some examples from sports where body language is used to intimidate opponents.



Swimmer Extraordinaire

Not many champion swimmers achieve Olympic records but in 1912 Hawaiian Duke Kahanamoku won Olympic Gold and set a new world's record in the 100-meter freestyle event. The 1916 Olympic Games were canceled because of World War I but Duke went on to keep his Gold Medal standing again in 1920.

Duke learned to swim in the ocean when he was just four years old. Swimming was his passion and every day after school he headed for the blue water near his home. Soon he was swimming miles every day. As a teen he watched the technique of elite Australian swimmers who were in Hawaii on a visit. After seeing the foreign swimmers Duke developed a flutter kick and a new crawl stroke that were more efficient at propelling a swimmer through the water.

Fortunately for Duke, the Hawaiian Amateur Athletic Union (AAU) was formed in 1910 which meant that Hawaiian athletes could vie for spots on the U.S. Olympic team. At the first AAU swim meet in Hawaii, Duke broke three national AAU swimming records. He was invited to travel to the mainland and try out for the U.S. Olympic swim team.

Friends helped Duke raise the money needed to reach Los Angeles, a long boat trip across the Pacific Ocean. Unfortunately, in California Duke experienced racial discrimination in public places due to his skin color. The first Olympic qualifying swim meet that Duke participated in was in Chicago in February where he experienced cold weather for the first time. In the subsequent qualifying meet in Pittsburg, Duke's left leg cramped due to the cold and he had to be hauled out of the pool. The following day, he redeemed himself by setting two new world records. He went on from there to Olympic gold in the 1912 games.

Since the 1916 Olympic Games were canceled, Duke competed in the 1920 games when he was 30 years old, again winning Olympic Gold. In 1922 Duke returned to California where he appeared in movies. Unfortunately, following the norm of the times, Duke always played a stereotypical native chief. Duke competed again in the 1924 Olympic Games but his former Olympic record was beaten by another top-notch American swimmer, Johnny Weissmuller. Duke planned to compete again in the 1928 Olympic Games; he trained but did not compete due to illness. He returned to Hawaii where he died in 1968.

Name: _____ Date: _____

Swimmer Extraordinaire Multiple Choice Questions

Circle the correct answer.

1. Duke Kahanamoku competed in the
 - a. 100-meter butterfly
 - b. 100-meter freestyle
 - c. 10k marathon
 - d. None of the above
2. Duke Kahanamoku began swimming in the ocean at the age of
 - a. Four
 - b. Eight
 - c. Ten
 - d. Twelve
3. Duke Kahanamoku's swimming technique was influenced by swimmers from
 - a. Germany
 - b. Austria
 - c. Australia
 - d. Canada
4. Duke Kahanamoku developed his own
 - a. Crawl style
 - b. Butterfly style
 - c. Both a. and b. above
 - d. None of the above
5. At first Duke Kahanamoku performed poorly at an Olympic qualifying meet in
 - a. Los Angeles
 - b. Chicago
 - c. Pittsburg
 - d. Boston
6. When Duke Kahanamoku was a movie actor he portrayed
 - a. A swimmer
 - b. An athlete
 - c. A native chief
 - d. All of the above

Name: _____ Date: _____

Swimmer Extraordinaire Short Answer Questions

1. Duke Kahanamoku is also famous for his contributions to surfing. Do some research and write a short report explaining why he was named Surfer of the Century in 1999.
2. Duke Kahanamoku was teased because of his large feet. Explain why large feet would be an asset in swimming.
3. Why do you think that Duke Kahanamoku chose to compete in a freestyle swimming event? If you don't know what freestyle swimming is, look up the term.
4. Hawaii was not a state when Duke Kahanamoku was an Olympic swimmer. Do some research and explain the political situation that allowed him to compete on the U.S. Olympic swim team.
5. Olympic swimming champion Johnny Weissmuller also appeared in Hollywood movies after his Olympic career ended. Do some research and find out the kind of roles that movie executives assigned to him.
6. Duke Kahanamoku was friends with Olympic champion Jim Thorpe. Do some research and write a short report about Jim Thorpe.
7. Duke Kahanamoku was honored as the Sports Champion of the Century at the New York World's Fair in 1964. Do some research and list some of the special exhibits at this fair.

A Little about Shakespeare

Is knowing about William Shakespeare important in the 21st Century or is it *Much Ado About Nothing* (the title of one of his famous plays)? William Shakespeare lived in England from 1564 until his death in 1616. Shakespeare did not come from a prominent family; his father was a glovemaker. As was typical of the times, Shakespeare left school at age fifteen and began working for his father.



Shakespeare married when he was eighteen and ten years later he was making a living as a well-known actor and playwright in the London theatre. The plays he wrote were hugely successful in his lifetime. Thirty-eight of his plays are published today, nearly 400 years after they were written and first performed. Experts expect that Shakespeare wrote more plays but copies no longer exist. Since the plays were new, only copies for the actors were made. Many historical records and copies of plays were destroyed when the theatre Shakespeare worked with burned in 1613.

Shakespeare's thirty-eight existing plays fall into several major categories. The histories are based upon historical events focused on kings, wars and power struggles among the ruling class of England. Three historical plays are known as the Roman plays because they are about rulers of Ancient Rome; one play is entitled *Julius Caesar* and another is *Antony and Cleopatra*.

Twelve of Shakespeare's plays are classified as comedies. These comedies are not like the light-hearted comedy movies we watch today. Shakespeare's comedies utilize mistaken identity, love at first sight, or some form of trickery as the comedic theme but also contain tragic parts set in complicated plots. The comedies are still performed frequently, especially for summertime theatres.

The tragedies are Shakespeare's most powerful works; each tragedy centers around one major character who has a fatal human flaw like jealousy or pride. *Macbeth*, *Hamlet*, and *Romeo and Juliet* continue to be favorites even now. Actors and actresses find it a challenge to play these well-known characters.

Shakespeare remains popular because his plays center on the flaws of human nature and timeless conflicts.

Name: _____ Date: _____

A Little about Shakespeare - Multiple Choice Questions

Circle the correct answer.

1. Shakespeare lived in
 - a. England
 - b. France
 - c. Spain
 - d. Italy
2. Shakespeare's education included
 - a. Greek and Latin
 - b. Studying the great Greek plays
 - c. Attendance at the university
 - d. None of the above
3. Besides being a playwright, Shakespeare was also a well-known
 - a. Comedian
 - b. Glovemaker
 - c. Actor
 - d. Musician
4. Shakespeare's histories are focused on
 - a. Ordinary people
 - b. Kings
 - c. Romance
 - d. All of the above
5. A common theme in Shakespeare's comedies is
 - a. Sight gags
 - b. Mistaken identity
 - c. Riddles
 - d. None of the above
6. Shakespeare's tragedies are focused on
 - a. Death of family members
 - b. Natural disasters
 - c. A major character flaw
 - d. War

Name: _____ Date: _____

A Little about Shakespeare - Short Answer Questions

1. The reading begins with the question, "Is knowing about William Shakespeare important in the 21st Century or is it *Much Ado About Nothing*?" Answer this question with your opinion.

2. Do we know how many plays Shakespeare wrote? Explain your answer.

3. What are the major categories of Shakespearean plays?

4. Shakespeare's play *Julius Caesar* is frequently read and performed in modern times. The most famous scene includes Julius Caesar's assassination. Do some research and write a short report about Julius Caesar's death.

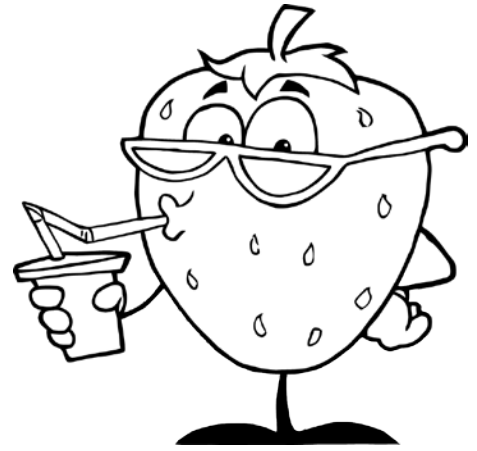
5. One of Shakespeare's most famous plays is *Hamlet*. Do some research and find out what the main character Hamlet's major flaw is.

6. Watch a contemporary movie version of *Romeo and Juliet*. Explain the plot.

7. Shakespeare was not always true to history in his historical plays. For example, in the play *Julius Caesar* a clock chimes the hour even though clocks were invented about 1,000 after Julius Caesar died. Do you think that mistake takes away from Shakespeare as an author? Do you think that Shakespeare even knew when clocks were invented?

Heat Conduction and Insulation

Have you ever boiled water? Almost as if by magic, applying enough heat from the stove burner causes the water to boil and ultimately change state from a liquid to steam, the gaseous state of water. The stove derives its heat energy from natural gas or electricity while microwave cooking relies on electromagnetic energy to change the state of food. Water boils because heat energy was transferred from the heat source to the water. When sufficient heat energy transfers from one substance to another, it causes changes in the state of matter. The three classical states of matter are solid, liquid and gas.



Conduction is the passage of energy through something. Heat energy always moves from substances with high heat energy to those of lower heat energy; the laws of physics state that heat transfers from warmer matter to cooler matter. If you think about it, these laws of physics explain why your skin burns when you touch a hot pan on the stove or dish that's just come out of the oven.

Metals are good conductors of heat which is why metal pots are used extensively for cooking on the stove. Of course, metal cookware is not suitable for microwave cooking. Ceramics are also good conductors of heat, which explains why early civilizations made their cookware from fired clay which creates a type of ceramic material. Conversely, ceramic floor tiles are ideal for flooring in warm climates. Heat flows from warm human feet to the cool tile; the transfer of heat out of the body makes a person feel cooler.

Insulation prevents or reduces the conduction of heat. A wonderful example of insulation is a polar bear's fur. A polar bear has two layers of fur. The dense inner layer which preserves body heat lies next to the bear's black skin. The dark skin naturally absorbs rays from the sun, adding to the bear's warmth. The outer layer of fur, called guard hairs, consists of hollow hairs that are essentially filled with air. Since air is a poor conductor of heat, the guard hairs also help to keep the polar bear warm. Humans utilize the insulating property of air when they dress in layers during cold weather.

Name: _____ Date: _____

Heat Conduction and Insulation - Multiple Choice Questions

Circle the correct answer.

1. Which of the following is a state of matter?
 - a. Insulation
 - b. Conduction
 - c. Liquid
 - d. None of the above

2. Microwave cooking utilizes
 - a. Electromagnetic energy
 - b. Coercion
 - c. Both a. and b. above
 - d. None of the above

3. Heat energy
 - a. Moves from high energy to low energy
 - b. Moves from low energy to high energy
 - c. Moves in both directions
 - d. Maintains equilibrium

4. Ceramic floor tiles are an example of
 - a. Insulation
 - b. Conduction
 - c. Change in state
 - d. All of the above

5. Which of the following is a good conductor of heat?
 - a. Metal
 - b. Air
 - c. Both a. and b. above
 - d. None of the above

6. Dressing in layers of clothing in cold weather is an example of
 - a. Insulation
 - b. Conduction
 - c. Change in state
 - d. All of the above

Name: _____ Date: _____

Heat Conduction and Insulation - Short Answer Questions

1. Modern as opposed to classical physicists define five states of matter. Do some research and list and define the five states of matter.
2. Name the three states of water and give an example of each.
3. Explain why a person's skin burns after touching a pan just out of a baking oven.
4. Do some research and describe the process of creating ceramic cookware.
5. Do some research and describe materials that are used in modern home insulation. Explain what R-factor is.
6. Draw a diagram that explains how a polar bear's skin and coat combine to keep the animal warm in the frigid Arctic.
7. Explain how layered clothing keeps a person warm in cold weather.