

Friendly Scale



Think about how friendly you are being.

Really
Friendly

Say: big hello

Face: big smile

Body: relaxed, hug

Friendly

Say: warm hello

Face: smile

Body: relaxed

Polite

Say: hello

Face: small smile

Body: standing straight

Unfriendly

Say: quiet or unfriendly statement

Face: sort-of frown

Body: tense

Mean

Say: hurtful words

Face: frowning, eyes squinted

Body: tense, fists clenched