

A1 Body Verbs and Phrases

nod	move your head up and down to say 'yes'
shake head	move your head side to side to say 'no'
tilt head	move your head to the side
bow head	lower your head to show respect or sorry
lift head	raise your head up
turn head	move your head left or right
scratch head	touch your head when confused
smile	move your mouth to show happiness
grin	a big smile
frown	move your eyebrows and mouth to show sadness or anger
pout	push your lips forward when unhappy
blush	your cheeks turn red when embarrassed
wrinkle forehead	make lines on your forehead when worried or confused
raise eyebrows	move eyebrows up to show surprise
lower eyebrows	move eyebrows down to show anger or concentration
open mouth	make your mouth open
close mouth	shut your mouth
look	use your eyes to see something
watch	look at something for a time
stare	look at something for a long time
blink	close and open your eyes quickly
wink	close one eye quickly to show a message
close eyes	shut your eyes
open eyes wide	make your eyes big
look up	move your eyes to something above
look down	move your eyes to something below
look around	move your eyes to see different things
look away	move your eyes to another place
squint	close your eyes a little to see better
laugh	make a sound because you are happy or funny
cry	let tears come from your eyes
bite lip	put your teeth on your lip

kiss	touch someone with your lips to show love
blow a kiss	send a kiss from your hand
gasp	take a quick surprised breath
chew	move your mouth to eat
yawn	open your mouth wide because you are tired
pucker lips	make lips round
wave	move your hand to say hello or goodbye
clap	hit your hands together to show happiness or support
shake hands	hold and move someones hand to greet
point	show something with your finger
touch	put your hand on something
hold hands	put your hand in someone elses hand
raise hands	lift your hands up
fold arms	put your arms over your chest
cross arms	put one arm over the other
hit	touch someone with force
slap	hit someone with your hand
push	move something away with your hand
pull	move something toward you
rub hands	move your hands together
cover face with hands	hide your face with your hands
tap fingers	hit something quickly with your fingers
stand up	move from sitting to standing
sit down	move from standing to sitting
lean forward	move your body a little forward
lean back	move your body a little backward
shrug shoulders	lift and drop your shoulders to show 'I dont know'
bend	move your body down
straighten up	make your body straight
twist body	turn your upper body
hunch shoulders	lift shoulders up because of worry or cold
relax shoulders	make shoulders loose
walk	move on your feet slowly
run	move on your feet quickly

jump	move up into the air
kick	hit with your foot
step back	move one foot backward
step forward	move one foot forward
sit with legs crossed	put one leg over the other when sitting
stand on toes	put your weight on your toes
tap foot	hit the floor with your foot
shake legs	move your legs quickly
bend knees	move your knees down
stretch legs	make your legs long
kick lightly	move foot forward gently
hug	put your arms around someone
shake	move your body quickly
jump	move up from the ground
fall	go down to the ground
lie down	put your body flat on the ground or bed
lean	put your body against something
shiver	shake because you are cold or scared
move slowly	go without speed
move quickly	go fast
turn around	move your body to the other side
bend down	move your body down
stretch	make your body long
sway	move your body side to side
flinch	move back quickly because of surprise or pain
step aside	move your body to the side