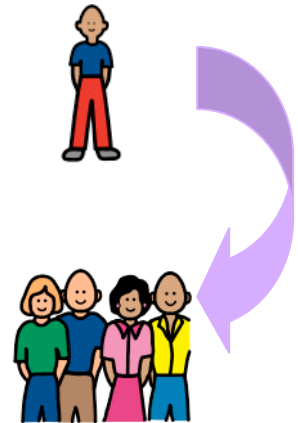


Is your **BODY** in the group?



Ask yourself, are you...

- Sitting or standing in the group's circle or space?



- Turning your body toward the group and speaker?

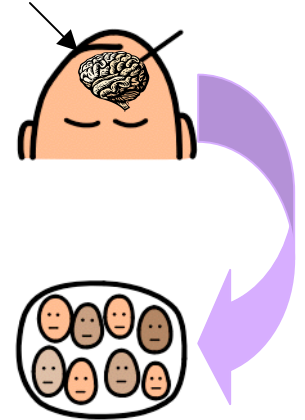
- Looking with your eyes at the speaker(s)?



- Using your body to show you are interested? (eye contact, nodding, “mhhh”, smiling)



Is your BRAIN in the group?



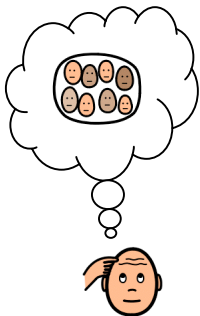
Ask yourself, are you...

- Looking with your eyes at the speaker? 

- Aware of the topic? 

- Saying questions or comments about the topic? 

- Thinking about other people in the group?



- What are the other people feeling?
- What are the other people thinking?
- What is the other person saying with their face and body?
- Are other people interested?

