* **Symbolic Gestures** communicate words, numbers, position.
For example:
	+ A raised hand signals for a stop
	+ A thumbs-up showing you agree
	+ Three fingers for the number three
	+ Pointing to show a position – up, down, behind, beside.
* **Descriptive Gestures** communicate an idea or movement.
For example:
	+ Spreading hands apart to show length
	+ Using hands to show a shape.
	+ Swaying hands to show a flow of movement.
* **Emotional Gestures** suggest feelings.
For example:
	+ A clenched fist to show anger. It is hostile and threatening. It could also convey the sense you are hiding something.
	+ Hands clasped to show pleading.
	+ Using a pointed finger. This makes you look accusatory, even if that wasn't your intent.

------------------------------------------------------------------------------

**Gestures to Avoid:**

* + **Hands on hips** = condescending, parental, overbearing
	+ **Crossed arms** = cutting off, disagreeing, wanting to protect
	+ **Hands crossed in front** (fig leaf) = feeling weak, timid, needing protection.
	+ **Hands joined behind your back** = you’re on parade
	+ **Hands in pockets** = nervousness.