



Communications Learning Activity

TITLE:

LOOK AT ME

4-H PROJECT AREA:

Communications

PURPOSE:

To recognize the value and importance of non-verbal communication.

AGE LEVEL:

9-18

MATERIALS NEEDED:

- A friend
- Paper
- Pencil
- Timer

TIME:

20-30 minutes

PREPARED BY:

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BACKGROUND:

Non-verbal communication is part of our daily lives. We not only use our voices to communicate, we can use our faces and bodies too. Sometimes it takes both verbal and non-verbal communication to relay a message to someone. When we have one of our forms of communication restricted it can be difficult to send the right message.

ACTIVITY:

Ask the group to choose a partner and stand beside each other.

Part 1-For the next five minutes, communicate with your partner by standing back to back, without turning your heads. Ask them to discuss their favorite movie. Take turns describing the movie.

Part 2-Next turn around and face each other. Without speaking, communicate with one another using only your eyes and facial expressions for the next five minutes.

DISCUSSION QUESTIONS:

1. Was it easy to communicate with one another in the first part of the activity? Why or why not?
2. Was it difficult to communicate with your partner without being able to see their face? Why or why not?
3. Did the second part of the activity create a lot of frustration and confusion by being able to communicate only using facial expressions?
4. Describe that frustration and confusion of communicating only by facial expressions and eyes.
5. What are some examples of non-verbal actions?
6. When do you use the non-verbal actions listed above and what do they communicate?
7. Describe why it is important to be able to communicate verbally as well as using non-verbal cues.