



Non-Verbal Communication

New Hampshire's 4-H Communication Series for Leaders

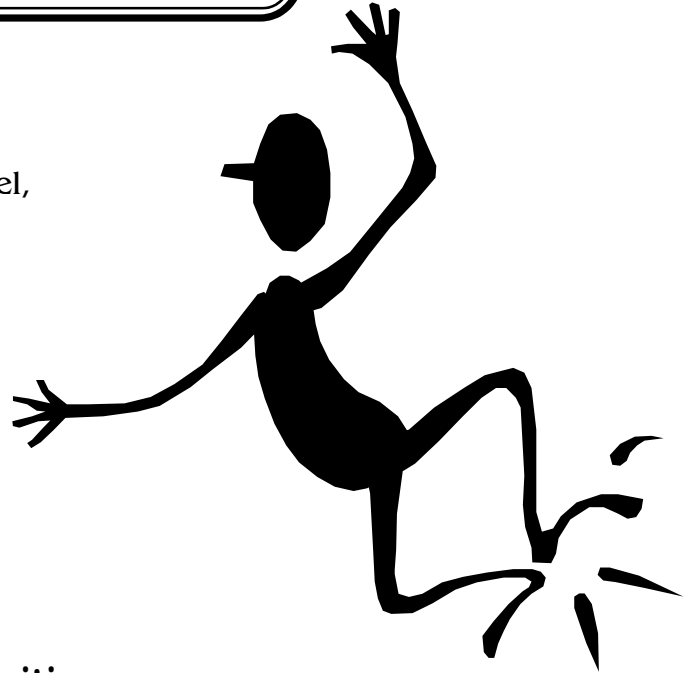
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Topics for discussion with members:

We send messages about how we feel, without talking.

We use our body postures and motions to communicate

We can tell how other people feel by watching their bodies.



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Silent Movies

While watching television with the sound turned off, have members watch the actions of those on the screen.

Have them try to tell what is being said and what is being communicated.

Mime (*definition: to act a part without words*)

Have members write a skit which tells a story and then perform the parts.

Set a time limit for the length of the skit.

This can be done in small groups and performed for the others.

What Am I Doing?

Have members take turns standing before the group and carrying out an activity without using words. The group tries to guess what the activity is.

Examples: going to bed, feeding the dog, cutting and serving cake.



Statue Building

Divide the group into pairs. One person will be the statue-builder. The other person is to be the statue.

Ask the partners to choose which of the pair will be the statue-builder.

Explain that you will call out a feeling or a situation, and that the job of the statue-builder is to move his partner into a physical posture which expresses this feeling or situation.

Show them how they can move their partner's arms, legs and head to express the word you give them.

Call out one of the other situations or feelings listed below and give the pairs time to build their statues.

<u>Situations</u>	<u>Feelings</u>
Dancing	Tired Joyful
Waiting	Happy Amused
Being Very Sleepy	Discouraged
Driving A Car	Peaceful
Jogging	Sad Jealous

When each pair has completed its statue, invite the members to inspect what others have built. The living statues can move eyes but not bodies. Then switch roles for the partners. This time, let the statue-builder become the statue and the person who was the statue the first time become the statue-builder.

Give each pair a different feeling on which to model a statue. Whisper to each pair the feeling which they are to model so the other participants do not hear.

One at a time, have each pair take turns building a statue.

Have the group try to guess what the statue expresses.

Interpreting: You could spend some time talking about the cues people are picking up which cause them to be able to identify the feeling.

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Psychic Shake

Have members take a few deep breaths to get into a meditative frame of mind. Each person, without talking, chooses a number - 1, 2, or 3 - that feels right for the moment.

Without breaking the mood, members mingle to discover their numerical soul-mates. If a member chooses the number one, he/she shakes the other peoples' hands once; if he/she chooses two, he/she shakes peoples' hands twice, and so on.

Once members discover others with

the same number, they stick together and mingle to discover others, until there are three groups. This game is to be done in absolute silence.

Learning Activity: Appreciation of Others
Leadership Skill: Communicating - non-verbal
What to Do: Greeting Others



Do this activity with your Helper:

Simple phrases such as "Hello" or "How are you today?" are heard almost every time we talk to someone, yet the greeting has a very important use. When we meet other people we have the chance to greet them or to ignore them. We usually say "hello" (a form of verbal communication) or we can just wave (a form of non-verbal communication).

Non-verbal just means "without words." Think about the times you have been smiled at by a friend, or even by a stranger, at school, in a grocery store, at a gas station, from across the room at a meeting. How did it make you feel? For many of us, it means that somebody really does care about us.

Talk with your helper about the people you saw today. Write down in a

notebook what you observed when these people met someone they knew. Make special notes if they used non-verbal communication.

Talk about the most common ways of greeting people, and what else we can say or do that would make people feel they are special. You may want to set a goal to try some of these yourself.

Interpreting: What are the most common ways of greeting one another? How can you tell if someone is a special friend? What forms of greetings were both spoken and non-verbal? What kinds of greeting show the most enthusiasm? How do you like to be greeted? Why?

Learning Activity:	Sounds of Silence
Leadership Skills:	Communicating - non-verbal
What to Do:	Act out several emotions
Focus:	Individual

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Do this activity with your Helper:

List five emotions that you think you or your family have shown in the last week. Talk about how you were able to identify what those emotions were. Once you have discussed several emotions, act some emotions out. You may act out alone or with another person. Have your helper try to guess which emotion you are representing. Trade places and have your helper act out some. If you need some ideas, there are some emotions listed below:

Love, sorrow, fear, satisfaction, surprise, happiness, anger

Interpreting: What emotions sometimes look the same? What parts of the body do you look at when you are trying to understand a person's emotions? Do you feel that many emotions have actions that are clearly recognizable?



Do this activity with your partner:

Sit back-to-back with your helper and talk about something that happened to you lately - something that was a really good experience.

After about one minute stop your sharing and move about five feet away from your partner. Be sure you stay back-to-back and continue talking for another 30 seconds. Stop your conversation and ask the helper to share what his or her feelings are. After your helper shares feelings, talk about how you felt.

Do the exercise again. This time have your helper talk about something good that has happened to him or her lately. Be sure to do everything the same again.

Interpreting: When you talk, do you look at your listener's eyes? How important is it to you to be able to see the listener's eyes? Did you find yourself missing the non-verbal (non-spoken) hand and body motions and expressions of the face? How easy was it to concentrate on what you were saying? Did your partner have trouble concentrating?

Learning Activity:	Back to Back
Leadership Skills:	Communicating - non-verbal
What to Do:	Talking without looking at each other
Focus:	Individual

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