

UTAH 4-H



Career Readiness Workshops



COMMUNICATION

For Intermediate 4-H Youth



WHAT'S IN THE BOX?

Introduction

Being able to communicate clearly is an essential life skill. Whether youth are preparing for the next stages in life, applying for new opportunities, or maintaining their current relationships, communication is key.

Supplies

- Random objects such as: a can opener, doll, Ziploc bag, q-tips, rubber duck, map, yo-yo, crayons, magnets, etc.
- Empty cardboard boxes.

Set Up

Inside each box, set up a strange object or scene. You will need 1 box for each person in the workshop plus one example box for yourself.

Activity

Step 1: Explain to the group that what is inside each person's box is a secret only to them. The group will sit in a big circle, and will take turns allowing each person to explain what is inside their box. They have the choice to either tell the group what is truly in the box, or lie about what they have. It is then the group's decision to decide whether each person is telling the truth or not. The goal is to trick the audience. It is advantageous to explain what's in the box using a longer description than just one or two words.

Give the group an example: "In my box is an oddly colored tool used to open food, that is attached to food that it isn't used for." Item: a pink can opener taped to a box of Macaroni and Cheese. Let them guess whether you are telling the truth or not.

Step 2: Let each youth pick up a box and sit in a large circle. Go around the circle and allow each person to present their items to the group, and let the group decide whether they are lying or telling the truth. Once the group comes to a unanimous decision, the person can reveal whether they were truthful by showing their item to the group. Encourage the youth to discuss why they think the presenter is lying or telling the truth. This will help them to come to a unanimous decision and provide another opportunity to work on communicating clearly.

Step 3: Have everyone close the boxes, and pass them around to the right for a few seconds until you say stop, then the same to the left, so that everyone should have a completely different box. Repeat the exercise with the new boxes.

← Wrap Up

1. Why did you choose to lie or tell the truth? Which seemed easier?
2. How can you relate to this activity if you were in a job interview?
3. Was it difficult to explain things in more words? What makes someone more believable or genuine?
4. What did you notice about how two different people may have described/lied about the same object?