Everyone uses Non-verbal Communication on a daily basis. Some research has shown that 90% of all of our communication is non-verbal (Watson-Stone). The way we use our facial expressions, hands, and body can change the meaning behind a message.

CONVERSATION STARTERS:
- Think about how often you use Non-verbal Communication.
- What would happen if your ability to communicate non-verbally was taken away?

Effective communication is achieved through balancing both words and movements. In this exercise, you will learn how to become a powerful communicator using non-verbal skills.

EXPLORATION ACTIVITY:
Separate participants into pairs. One person will perform the role of A, the other performs the role of B.

FACILITATION TIPS:
- Encourage participants to really get into it! It’s more fun when they are excited about what they are doing.
- Other fun scenarios could include:
  - Inviting someone to a party
  - First date
  - Sharing a fun summer activity

- Give each person a copy of the script (See Appendix).
- A will read their lines out loud, but B will only communicate their lines in a non-verbal manner.
- Provide B with a secret emotional distraction that is written on a piece of paper. For example, B may be in a rush, may be really bored, or may be feeling guilty.
- After the dialogue, ask each A to guess what emotion was affecting their partner, B.

Time permitting, switch roles. Have the new “B” draw a new emotion and switch up the script!

KEY OBJECTIVES:
- Learn how to meaningfully use Non-verbal Communication.
- Identify situations where Non-verbal Communication is essential.
- Plan out ways to use learned skills on a regular basis.

WHAT YOU’LL NEED:
- Scripts for every participant (See Appendix)
- Strips of paper with emotions written on them such as- guilt, rushed, bored, sad, hungry, angry, disgusted, scared etc.
APPLICATION DISCUSSION:
Where will you use these skills?
How can you practice non-verbal communication?
Why is it important to always be aware of your body language?
Guide participants through meaningful reflection, either out loud or on paper.
Ask the question: "How do you plan to specifically use your new skills?"

APPLICATION DISCUSSION:
As a group, discuss what is most important about Non-Verbal Communication.

- Where will you use these skills?
- How can you practice non-verbal communication?
- Why is it important to always be aware of your body language?
- Guide participants through meaningful reflection, either out loud or on paper.
- Ask the question: "How do you plan to specifically use your new skills?"

CONCLUSION:
By becoming aware of your every-day Non-verbal Communication, you can fine tune those skills. Practice being conscious of your body language and facial expressions. Your words mean more when you use more than words!

REFERENCEs
The Activity comes directly from thoughtco.com by Grace Fleming
https://www.thoughtco.com/nonverbal-communication-activities-1857230

https://onlinecareertips.com/2020/04/effective-nonverbal-communication-leadership/

Exploring Leadership Series, Communication, Body Language
A: Have you seen my book? I can’t remember where I put it.
B: 
A: The murder mystery.
B: 
A: No. It’s the one you borrowed.
B: 
A: Whatever. Maybe it’s under the chair. Can you look?
B: 
A: How long are you going to be?
B: 
A: Forget it. I’ll find it myself.
B: 

A: 
B: Which one?
A: 
B: Is this it?
A: 
B: I thought it was a romance
A: 
B: OK—just give me a minute.
A: 
B: Why so impatient? No need to be bossy.
A: 
B: Wait—I found it!