

Exploring Leadership

COMMUNICATION: BODY LANGUAGE

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.

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.

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!



REFLECTION QUESTIONS:

Talk about what happened during the activity:

- What was challenging about this activity?
- What worked best when communicating non-verbally?
- What did you learn about the importance of Non-verbal Communication?
- If you were to do it again, how would you change your technique?

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!

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REFERENCES

The Activity comes directly from [thoughtco.com](https://www.thoughtco.com/nonverbal-communication-activities-1857230) by Grace Fleming
<https://www.thoughtco.com/nonverbal-communication-activities-1857230>

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



APPENDIX:

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!

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