



EXAGGERATED PLUS

Purpose

Develop the ability to use more of your real self and increase your energy level and that of your audience.

Materials

None

Group Size

Small or large

Background

How expressive are you? There is often a wide difference between how we perceive our gestures, movements and expressions and how others perceive them.

For example, a person with a naturally unsmiling face may think she is expressing her inner happiness in a big smile while others around her think, "What's she so glum about?" Or, a person may think that he really made a point with the extra gestures he used, when others think, "What was he doing? I didn't understand the hand movements he was making."

The fact is, very few people truly exaggerate their gestures or facial expressions even when they try to. They may think they are, but if they saw themselves as others see them, they would realize they were still mild mannered.

The point is we don't have to get wild about our communication. But often, we can work on becoming more expressive and as a result, effective in our communications. This exaggerate plus exercise is intended to help you become more expressive.

Activity

1. Choose one of the skills listed below.
2. Create a story or incident around this skill. How can you use this skill to tell a story?
3. What can you do to exaggerate the use of this skill in the story? Think of one gestures, body movements and facial expressions you can use to tell your story in an exaggerated manner.
4. Tell and act your story in front of a 4-H group (large or small). Provide narration on what is happening.
5. It's the turn of another 4-H member to tell and act their story.
6. Continue this exercise for three or more stories or until the time suitable or available has expired.



Some Skills to Act Out

- Giving a demonstration
- Sewing
- Public speaking
- Climbing a steep cliff
- Skate boarding
- Making a craft item
- Fishing
- Debating

Debrief

- Did you really over exaggerate? How?
- Did you discover some gestures and expressions that were quite effective in telling the story? Could they be used in a modified form in your next speech before the club?



FAMOUS CELEBRITY

Purpose

Develop a broader range of gestures and learn what makes some people very effective communicators.

Materials

None

Group Size

4 to 6

Background

One of the best ways to develop your expressive skills like gesturing, voice power, pitch and word pace is to imitate someone else.

Actors, politicians, and sports stars - they can provide you with models of good communication. They have developed some very good communication techniques with practice and experience. For example, the actor has learned how to control his voice, gesture with dramatic effect and speak with clarity and power. The politician has learned how to think on his feet, how to express effectively something that he believes in and how to convince others what he thinks is important.

By acting out one of your favourite communicators, you can become more expressive and confident in your abilities. But to do this, you must become as familiar with the famous celebrity as you can.

So take a few moments now to think of whom you would like to act out. What do they do to make themselves effective communicators? How do they gesture, how do they use their voice, what ways do they express emotions like happiness, sadness, fear and love for something or someone? Your task is to become the person you are thinking of.

Activity

1. If you haven't done so already, choose an actor, politician, sports star or some other famous personality.
2. Think about this person for a while. What makes him or her a good communicator? Is it the way they gesture with their hands, the power in their voice, the ability to think on their feet? Is it their smile, warm manner, convincing style? Is it the way they get in touch with their audience? What makes them special communicators?
3. Think how you might impersonate this famous person. Try a few of their gestures, how they might use their voice and what they might say.
4. Think up five questions that the media might ask your famous celebrity. Write out these questions on a piece of paper



5. Give the questions to the group who is going to see you in action. Get them to ask you these questions.
6. Without telling anyone in the group whom you are acting out, imitate this famous person as you respond to the questions being asked.
7. Get the group to guess who you are.
8. Repeat this exercise with other members.

Debrief

- What gestures are most important to your celebrity?
- What can you learn about good communication habits from your celebrity?



FILL IN THE BLANK STORY

Purpose

To build listening skills and development of imagination

Materials

None

Instructions

The leader begins a simple story. As the story progresses he may, at any point, stop in mid-sentence to call on an individual member of the group to add the next word of the story. The leader should work to incorporate these added details into the emerging fabric of the whole. Keep the story moving along. Choose places for the blanks where the answers have the potential to be as interesting and as fun as possible.



FOUR WHY'S GUYS

Purpose

Learn how to build a bridge from the audience to the speaker and learn the correct procedure on how to introduce a speaker.

Materials

Pencils and paper

Group Size

4

Background

How would you like to be introduced to your 4-H club when you give your next speech? Here's a tip. When you or others introduce a speaker, use the four why's guys. They are:

1. **Why** this topic?

First tell the audience why this topic has been chosen. This reason may come from the speaker or from the club.

2. **Why** to this audience?

Why is this club hearing this speech? Tell the audience.

3. **Why** at this time?

Why now? Is there something important to mention why this topic is being spoken on now?

4. **Why** the speaker!

What are the qualifications or experiences of the speaker that make him qualified?

Example. "Fellow club members. We have been interested in how to raise funds for our next summer camp. We know that now is the time to get some tips on how to raise money the smart way. Our speaker is a former club member who knows three creative ways to raise funds. Would you welcome Mr. John Smith?"

Activity

1. In your group, assign one person to be the instructor and one person to be the drawer. Give this practice card to the instructor.
2. Sit back to back. Give the drawer a pencil and a piece of paper.



To the instructor

1. Look at the drawing below. Your task is to describe this drawing to the drawer without them seeing it. (Note: Make up your own drawing if you wish).
2. You are to describe this drawing using words only. No gestures.
3. As you describe the drawing, break it down into easy steps for the drawer to complete.

E.g.

1. In the middle of your paper, draw a 2-inch square.
2. One half inch below the top line of the square you have just drawn, draw a straight line, going from the left edge of the square to the right edge of the square.
3. Write a capital 'A' just above the line you have drawn, about 1/4 inch high and in the middle.
4. etc.

Debrief

- Reverse roles. Have the drawer become the instructor and visa versa. The instructor can make up his or her own drawing and then describe it to the drawer.
- How did you both do? It can be hard to give accurate instructions. But with practice you will get better!



GETTING PHYSICAL

Purpose

Develop your ability to become an expressive communicator.

Materials

None

Group Size

Whole club

Background

Whether you realize it or not, when you talk to someone, be it one person or many people, you are competing for their attention.

We tend to have lots of things on our minds. Without you knowing it, your listeners can be tuned in to what you are saying or tuned out with their minds on something else. Sometimes what you say can trigger a person to think about something in their past, present or future. They may recall something into their minds and you have been tuned-out.

Getting and keeping the listeners attention is important if you want to be listened to.

We can develop our abilities as good speakers who are listened to. This exercise is intended to help you command attention of your listeners. You'll be amazed at the abilities you have to get people's attention. All it takes is some determination on your part and a willingness to get physical.

Activity

Note: In this activity, you will be asked to give a brief (one minute) talk. So give some thought about what you want to say. If you speak on something you have an interest in, then you are more likely to speak effectively.

1. Select three people who want to stand up and give a one-minute talk to the club.
2. Three volunteers are to come up together. Each will be speaking at the same time in front of the same group.
3. When the speakers are ready, invite them to give their brief talks. Explain that they will all be talking at the same time. They each want to be heard by the audience, but no yelling will be allowed. They can use other communication techniques to get audience attention. After one minute, applaud and thank the speakers.
4. Now as a whole group, take a few moments to see what each speaker did to get your attention. Did they increase their volume? Did they use gestures and facial expressions? Did they use effective eye contact? Were they animated?



5. Repeat steps 2 to 4 for the next set of three speakers.

Debrief

- Were there any surprises with the participants? What did they do that was creative?
- What did you discover about yourself and your communicative abilities?