



GETTING REAL

Purpose

Learn how to express your true feelings and be able to read what others are feeling.

Materials

7 pieces of paper (3x3) and a box or hat

Group Size

4 - 6

Background

Seventy-five percent of our nonverbal communication is done with the face. In other words, when you think of all the nonverbal ways we communicate - hand gestures, body movements - three quarters of this communication comes from just our face.

Of all the emotions we express with our face, there are seven that are universal. That is, there are seven emotions that all people of this world communicate in common. These seven emotions are:

- interest
- sadness
- surprise
- fear
- anger
- happiness
- love

What do these seven emotions look like? How good are you at conveying each of these emotions? Can you get better at communicating nonverbally to ensure that what you mean is what the other person gets from you?

Let's practice our ability to express nonverbally the seven universal emotions.

Activity

1. Read all seven emotions listed below in the boxes. Read each of the clues given about the emotion. Choose one you would like to act out. Do not tell anyone what emotion you have chosen.
2. Begin with your first volunteer. The volunteer is to act the emotion they have chosen using only a facial expression. Try to hold the facial gesture for about five seconds so that the group can get a good look at what emotion you are acting.



3. The group is to use the clues provided below to predict which of the seven emotions the volunteer is acting.
4. When the group has guessed correctly which emotion the participant was portraying, then have another volunteer to act out the emotion they have chosen.

Seven Emotions

Interest

- raise eyelids
- raise head
- wrinkle forehead

Sadness

- raise eyebrows
- wrinkle forehead
- depress lower lip

Surmise

- raise eyebrows
- raise eyelids
- open mouth

Fear

- raise eyebrows
- raise eyelids
- stretch lips
- open mouth

Happiness

- raise cheeks
- part lips
- drop jaw
- smile

Anger

- lower eyebrows
- stare hard
- open mouth
- raise lips



Love

- smile slightly
- protrude lower lip
- eyes widen

Debrief

- What emotion is hardest to communicate? Why?
- What emotion is easiest to communicate? Why?
- What other emotions are you good at reading?



GESTURE GUESS

Purpose

Helps you to dramatize your ideas and clarify and support your words.

Materials

None

Group Size

4 to 6

Background

A gesture is a body movement that conveys a particular thought, idea or emotion. Although gestures may be made with the head, shoulders or even the legs and feet, most are made with the hands and arms.

Your body has the capacity to make many gestures. In fact, a study once determined that there are more gestures than there are words in the English language.

Gestures can help or hinder our expression of ideas. If we gesture with purpose, then we will help ourselves get our ideas across better. If we gesture very little or excessively, then we may find that our gestures don't account for much in helping others understand us.

To be effective, gestures must be purposeful. They must be visible to others. They must mean the same thing to the observers as they mean to the sender.

Activity

1. Select one of the following actions.
2. Without saying a word, act out your action to the group.
3. Like all good forms of communication, start at the beginning of your action and work towards a meaningful ending.
4. You may want to take between 30 seconds and one minute to act out your action.
5. Once you have completed the action, the group may guess what action they think you have done.

Actions

- Putting on a pair of skis
- Describing a car accident
- Washing a new born baby
- Building a book case
- Playing a game of tennis



- Painting a favourite landscape
- Changing the oil in a car
- Watching a hockey game
- Putting on a sweater that is too tight
- Looking for a lost contact lens
- Learning to use a skateboard
- Running a marathon
- Or make up your own topic and act it out!

Debrief

- Are you good at particular gestures? Which ones? These may be the gestures that you can use in your speaking.
- What gestures do you find easy to read? Do you know why?
- What gestures do you find hard to read? Do you know why?



GROKING

Purpose

Develop your intuitive abilities and appreciate how important your image is in communicating.

Materials

None

Group Size

Three

Background

Did you ever talk to someone and immediately know that you could trust that person? Did you ever hear a sports caster and immediately turn him off because he turned you off? Did you ever catch the eye of another person and just know that you were going to really like that person? But you didn't know why? Then you know what it is to "grok"!

Grokking, a word invented by the science fiction author Robert Heinlein, is the ability to grasp the inner reality of people and situations. Another word for grokking is intuition. The fact is, we all can grok and we all are being grokked. Whenever you meet someone or encounter a situation, you grok (intuitively form an immediate impression of the person or situation).

And we're all pretty good at grokking! In fact research tells us that it does not take long for us to grok a person or situation - about seven seconds! Yes, in seven seconds you have intuitively grasped the image or impression of that person. It may be a good, trusting feeling, an awkward and stiff feeling, or a compassionate and caring feeling. Whatever the feeling, you have grokked in seven seconds!

Activity

1. In your group of three, count off "one, two and three".
2. Person one is to talk to the other two. Persons two and three are listeners. They are to actively listen by paying attention to what is being said and how it is being said.
3. After one minute, person one (the speaker) leaves the group. The two listeners now consult the Grokking Chart below. Their task is to use their intuition to find two or three words that best describe the communication 'strengths' of person one. Take about a minute to decide. Then call person one back to the group.
4. Provide feedback to person one by telling them the two or three words you observed about them from the Grokking Chart. Tell person one what they did give this impression. Remember you are complementing person one on his or her communication strengths.
5. Repeat steps 2, 3 and 4 with person two as the speaker. Repeat steps 2,3, and 4 with person three as the speaker.



Grokking Chart

| | | | |
|--------------|-----------|----------|---------|
| confident | positive | content | caring |
| decisive | sincere | happy | calm |
| responsible | accepting | open | patient |
| enthusiastic | trusting | reliable | |

Debrief

- What did you discover about your communication strengths that were new?
- What we give away - our image - forms a lasting impression on others.

Perhaps there are some words in the grokking chart that you would like to include as your communication strengths. What are they? What can you do to develop these traits in yourself?



HAVE YOU EVER?

Purpose

To explore the rich diversity of experiences that different people bring to any group.

Materials

None

Instructions

This activity works best with larger groups. Explain to the group that you will call out different things that may or may not apply to each person. If the item does apply to you, then run into the middle, jump in the air, and do a high 5 with anyone else that runs in.

A list of about 20 items should be tailored to the particular group, setting, and program goals, but some suggestions are below. Usually the items are of a "Have You Ever....?" form, but also free to ad lib. E.g. "Does Anyone Have....?"

Items should be carefully considered in order to prevent embarrassment, ridicule, etc.

The motivation of participants to participate often needs some amping up. Try to do some other warm-ups first. The rest is down to the leader's skill in demonstrating and encouraging.

List of Possible "Have Your Ever?" Items:

- Have you ever climbed to the highest point in your country of birth?
- Have you ever lived overseas for more than 1 year?
- Have you ever sung karaoke?
- Have you ever been without a shower for more than 2 weeks?
- Do you have both a brother and a sister?
- Have you ever ridden a horse?
- Have you ever eaten frogs' legs?
- Have you swum in 2 or more different oceans?
- Have you ever flown an aeroplane?
- Have you broken 2 or more bones in your body?
- Have you done volunteer work sometime in the last month?
- Have you ever had a close relative that lived to over 90?
- Have you ever cooked a meal by yourself?
- Have you ever seen a polar bear?

Participants can generate their own questions. Have all the 4-H members sit in in a circle.



Each person has a chair (or rope ring or hula hoop) except the person who is “it”, who is standing in the center.

The person in the middle asks a “Have You Ever” question that is true for him/herself. E.g. “have you ever climbed a mountain?”

Anyone whose answer is “yes” gets up and moves to an empty seat. So, if four people get up they try to exchange seats as quickly as possible. The person who asked the question tries to quickly gain a seat, leaving one other person without a seat and they become the new “it”.

In choosing a question, participants can try for questions which reveal something. E.g., “have you ever trekked the Great Wall of China?” or ask simple questions like “have you ever fallen off of a bicycle?” for which everyone would get up.

Pileup variation: Anyone can ask a question and if you can answer yes to the question you move one space to your right and sit in that chair. If you cannot answer yes to the question, you stay seated in the chair where you are. This means somebody may be coming to sit on your lap from the seat to your left. Sometimes you get three and four people sitting in sort of a lap-style game on top of you. Then, when they ask the next question to go one space to the right by answering yes, they peel off one at a time sit down and you end up on top. It creates some very interesting combinations. Physical touching reveals something about people and it breaks the ice so that people can then begin to feel more comfortable talking about and doing other novel things.