

NONVERBAL COMMUNICATION*

▶ ABOUT THIS ACTIVITY

- 🕒 **Time:** 45 minutes
- ➔ **Objectives:** By the end of this session, participants will be able to:
 - Recognize and understand the various aspects of nonverbal communication.
- ★ **Training Methods:** Brainstorm, Large Group Activity
- ✓ **In This Activity You Will...**
 - Define non-verbal communication (10 minutes).
 - Demonstrate non-verbal communication cues (10 minutes).
 - Lead activity to demonstrate feelings without words, similar to charades (15 minutes).
 - Summarize in a large group the impact of non-verbal communication (10 minutes).
- ✂ **Materials:**
 - Power Point Slides (optional)
 - “Feelings” Activity Cards
- 🔪 **Preparation:**
 - Prepare “Feelings” Activity Cards
 - Print/cut each feeling onto its own piece of paper and place in an envelope.

Instructions

1. Lead a discussion using the following discussion questions making sure to cover the talking points listed with the questions.
 - a. What are some examples of nonverbal communication?

Nonverbal communication may include hand gestures, facial expressions, posture, remaining silent, etc.
 - b. Are nonverbal messages stronger when used with verbal messages?

Reading nonverbal communication cues provides clues to what a person is feeling and often tells us what is most important to him.

Nonverbal messages can enhance the sender’s message making it easier to understand as well as illuminate incongruence if the verbal message doesn’t match the body language.
 - c. Do you tend to trust nonverbal messages more than verbal messages? Why?
2. Tell participants they will have the opportunity to practice identifying nonverbal cues. To do this, ask participants to draw one of the Activity Cards: “Feelings”. Without speaking, communicate the feeling or emotion on the card to the rest of the group. Have one participant at time get up in front of the group. For larger groups divide into smaller groups to make sure every participant gets the opportunity to do this activity.

Summary

Discuss as a closing:

- How can recognizing nonverbal communication cues help you in your role as a peer educator?
- Why is it important for a peer educator to be mindful of his own non verbals when interacting with someone.

* This module comes from the Missouri People to People Training Manual, 2008.

NONVERBAL COMMUNICATION

SESSION HANDOUT

ACTIVITY CARDS

Worried	Exhausted	Excited
Happy	Angry	Shy
Disappointed	Afraid	Rejected
Hysterical	Nervous	Relieved
Intimidated	Defeated	

NONVERBAL COMMUNICATION

SESSION POWERPOINT



Non-Verbal Communication



Communication

- **What is non-verbal communication?**

Non-verbal communication is sending and receiving wordless messages. Such messages can be communicated through hand movement, posture, facial expression and eye contact.



Non-Verbal Communication

What's the difference?

- Verbal communication
- Non-verbal communication

What is your opinion?

- Do *non-verbal* messages always match *verbal* messages?
- How do we know?
- What do we look for?

Do you tend to depend on *verbal* messages more than *non-verbal* messages?

Activity