



4-H Briefs

Fun ideas to help members and families explore 4-H projects

Oklahoma Cooperative Extension Service 4-H Youth Development

Two by Two

FOCUS:

Observing- being attentive to and interpreting non-verbal communications, such as body language and gestures.

LEARNER OBJECTIVE:

To recognize the value and importance of non-verbal communication.

BACKGROUND:

Non-verbal communication is part of our daily lives. We not only use our voices to communicate, we can use our faces and bodies too. Sometimes it takes both verbal and non-verbal communication to relay a message to someone. When we have one of our forms of communication restricted it can be difficult to send the right message.

MATERIALS

- A friend
- Paper
- Pencil

ACTIVITY:

For the next five minutes, communicate with your partner by sitting back to back, without turning your heads.

Next, turn around and face each other. Without speaking communicate with one another using only your eyes and facial expressions for the next five minutes.

DISCOVERY:

1. Was it easy to communicate with one another in the first part of the activity? Why or why not?
2. Was it difficult to communicate with your partner without being able to see their face? Why or why not?
3. Did the second part of the activity create a lot of frustration and confusion by being able to communicate only using facial expressions?
4. Describe that frustration and confusion of communicating only by facial expressions and eyes.

PIECING IT TOGETHER:

- What are some examples of non-verbal actions?
- When do you use the non-verbal actions listed above and what do they communicate?
- Describe why it is important to be able to communicate verbally as well as using non-verbal cues.

TRY THIS:

Record the use of non-verbal actions people use to communicate in different settings, such as the dinner table, people waiting in a line, or at a 4-H club meeting.

- In each of the different settings what was being communicated through the use of non-verbal behaviors?
- Do you think the setting affected what was communicated non-verbally?

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