



4-H Briefs

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

Oklahoma Cooperative Extension Service 4-H Youth Development

You Don't Say!

FOCUS:

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

LEARNER OBJECTIVE

Writing creatively and communicating ideas.

BACKGROUND:

How we say something is as important as *what* we say. When we use our bodies to communicate, it is called body language. We can also communicate with others without words and simply by our actions. This type of communication is called non-verbal communication.

MAERIALS:

- Paper
- Pencil

ACTIVITY:

Create a personal "Dictionary of Non-Verbal Signals I Use- And What I Mean By Each One," by writing down the actions you use to when communicating with others. Be sure to use both words and pictures to explain the signals. Share your completed dictionary with others, such as your 4-H club or your friends.

DISCOVERY:

1. How many different non-verbal signals did you discover you use? Was it more or less than you expected?
2. Was it difficult to think of all the non-verbal signals you used?
3. How often did you discover that you rely on non-verbal signals to communicate with others?
4. Have you noticed other people using non-verbal signals? If so, what were the signals and what was the message they were trying to communicate?

PIECING IT TOGETHER:

Do others sometimes have difficulty figuring out what you are trying to communicate when using non-verbal actions? If so, what are the actions and what can you do to help others understand better?

What are some jobs that require people to use non-verbal communication? What non-verbal actions do each of the jobs listed above require?

TRY THIS:

1. Watch others and see what types of non-verbal signals they use.
 - Record the different types of non-verbal signals and what each signal is communicating. Also record who the person is and whether or not their position (policeman, teacher, etc.) or how they are dressed affects how their non-verbal actions are interpreted or accepted.

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