



UNIVERSITY OF ILLINOIS  
EXTENSION

### **Lesson Objectives:**

#### **Club members and parents will:**

- Learn how nonverbal communications affects what people see and think of us
- That positive communication skills is important

**Time:** 20 minutes

### **Equipment and supplies:**

- Paper with emotions printed
- Container

### **Preparations:**

- Review Lesson
- Gather supplies

# 4-H Club GO TO Resources



**Month Year**

## What Do You Say Nonverbally?

Communication skills are important to everyone—they are how we give and receive information and share our ideas and opinions with those around us. It is important to develop a variety of skills for both communication to others and learning how to interpret information received from others.

According to a National Association of Colleges and Employers survey conducted back in 2010, communication skills are ranked the first among job candidate's "must have" skills and qualities. Knowing that communication skills are important we need to help our 4-H members enhance these skills, and to understand that even nonverbally we communicate with others.

The purpose of this activity is to help youth gain a better understanding of how nonverbal communication (both intended and unintended) can be interpreted by others...and the impact and affect of this form of communication.

### **Directions**

Ask participants if they have ever gotten caught rolling their eyes at a teacher, parent, friend or another adult? Ask for a show of hands. Whether you rolled your eyes intentionally or didn't even realize you did, how do you think your action was interpreted? (Answers might include annoyed, bored, not interested...etc.)

There are all types of communication, and the type that uses no words is very important. When it comes to communication, what people see is often more memorable than what they read or hear. This is often referred to as body language. Body language includes facial expressions, body movement and posture, gestures, eye contact, touch, space and can also relate to tone in one's voice. Body language can express your emotions, feelings, and attitudes. It may even contradict what you say verbally.

Cut out the words on the next sheet, and fold them in half and place them in a container. Ask each person in the club to take one piece of paper. One person at a time have each participant act out their word using body language and facial expressions only, ask each person to demonstrate this emotion, while others try to guess.



# Nonverbal Activity Sheet

Cut out the following words into strips of paper, fold them in half, and put into a container. Have each participant take one slip, and without using words ask them to act out this emotion nonverbally. Youth can also use a partner if needed to help act out the word. Other members of the club will guess what emotion they think is being demonstrated.

AFRAID

ANGRY

WORRIED

BORED

CONFUSED

FRUSTRATED

HAPPY

CURIOUS

SHY

EXCITED

INTERESTED

SAD

OFFENDED

THANKFUL

SURPRISED

PROUD

LONELY

SCARED

STRESSED

JEALOUS

MAD

RELIEVED

ANXIOUS

ANNOYED

## Processing:

Read the following statement to the members: *"Actions speak louder than words."*

Then ask:

- How many have heard this expression? When/where?
- What does it mean?
- How is it possible when actions do not "speak"?
- What can nonverbal messages say about you to someone that has just met you for the first time?
- Why is it important to pay attention to our own and other people's non-verbal messages?

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## Sources & Additional Lesson info:

4-H Club GO TO Resources is being offered to 4-H clubs in Boone, DeKalb and Ogle Counties as a way to enrich and enhance 4-H experiences and programming at the club level. It is the goal of the Extension staff to assist 4-H leaders and officers in providing simple hands-on activities on a monthly basis that can broaden the 4-H club experience and as a result heighten positive youth development.

**Source:** “Skills to Pay the Bills” from The Department of Labor’s Office of Disability Employment Policy (ODEP).

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