



4-H Briefs

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

Oklahoma Cooperative Extension Service 4-H Youth Development

Making Sense - Touch

FOCUS:

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

LEARNER OBJECTIVE:

To recognize that all five of our senses play an important part in the way we communicate.

BACKGROUND:

Much like the non-verbal actions we have learned about, you can also communicate through touch. For example, to congratulate someone you communicate through touch by shaking their hand. The same idea applies to communicating friendship by giving a hug or a pat on the back.

Types of Handshakes

- Firm grip = confident, self-assured
- Limp fish = unsure
- Bone crusher = over confident, nervous
- Pumper = over eager
- Wet, clammy = nervous, scared

MATERIALS:

- A group of people

ACTIVITY:

Touching or feeling is one of our five senses. To continue exploring the idea of communicating through touch, shake hands with everyone in the room. Then determine what message each handshake communicated.

DISCOVERY:

1. Share some of the various messages you received from each handshake.
Some example might be:
2. What can you tell about a person simply by communicating with touch and never even saying a word verbally?
3. Now have someone tell you what your handshake communicated.
 - What message had you intended to communicate with your handshake?
4. What did you learn about communicating through touch?

PIECING IT TOGETHER:

- What did you discover about communicating with others using the sense of touch?
- Why is communicating with touch important?
- How can you apply what you learned about communicating with touch to your everyday activities?
- Watch others shaking hands in different settings. What message are they communicating?
- In your observation of others, do different handshakes seem to communicate different messages? If so, what messages are communicated and which types of handshakes seem to be the most effective?

TRY THIS:

Practice shaking hands to communicate different messages. For example: a handshake with your left hand placed on the other person's shoulder or taking a persons hand into both of yours might be used to express sympathy.

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