



4-H Briefs

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

Oklahoma Cooperative Extension Service 4-H Youth Development

Mixed Message Mania!

FOCUS:

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

LEARNER OBJECTIVE:

Verbal and non-verbal communication.

BACKGROUND:

To communicate well, we must think about how we use our voices and our bodies. Our words can mean more if we use our bodies and our voices in a good way to help us communicate.

Actions very often speak louder than words.

Materials Needed:

- Video camera (optional)
- Group of friends
- Paper
- Pencil

ACTIVITY:

The emotions of shyness, horror, stubbornness, happiness, snobbishness, and confusion can be communicated with words or actions. With a group of friends, use a video camera to record the expressions, sounds, and words you would use to express these emotions. Have your friends watch the video with the volume turned down so that they cannot hear the voices. See if they can identify each of the different emotions by the expressions and other non-verbal actions used. Replay the video, only this time turn the volume up and have them turn their backs to the screen so that they can only hear the sounds and words used. Review the video again and this time watch the expressions combined with the words used.

DISCOVERY:

1. How accurately did your friends identify the message with only the expressions?
2. What emotions could they identify with only hearing the sound? Only seeing the expressions?
3. Was it easier to identify the emotion with only the expressions, only the sounds, or with a combination of the two?
4. What problems did you encounter when trying to communicate each of the different emotions?

PIECING IT TOGETHER:

1. What are some times you have used your face or your body to tell someone about something that happened to you. What did you do and what were you talking about?
2. Think about a time you have tried to communicate your feelings to someone over the telephone, was it difficult to communicate using only your voice and words?
3. Sometimes we have the misfortune of disagreeing with a friend. Have you ever had a friend say that they are not upset at you, but their body language showed that they actually were? Discuss what some of the non-verbal actions your friend used to let you know they were upset even though their words said they weren't.

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