

## NAME OF THE ACTIVITY: TALK AND OBSERVE

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### Activity nr.: 2 / Family communication

Content	Skills	Competencies
Family communication	- Verbal and non-verbal communication and listening skills, awareness of body language	- Team working, communicating, active listening, use of body language, cooperative learning

### Activity Overview

TALK AND OBSERVE	
General Description	This exercise will give participants insight into the importance of body language in communication. It will also help them increase awareness of their body language and nonverbal communication in everyday situations.
Materials	Chairs where students can sit while discussing, a big enough and quiet classroom for all the participants, a piece of paper and a pen for "the listeners" to take notes.
Duration	60 - 80 minutes
Feasibility	The activity is feasible for groups of 3 students (alternatively 4), preferably in class.

### Activity

1. Divide participants into groups of three people – two of them should be the talkers, whether one should be the listener.
2. The talkers should talk to each other about a meaningful event (can be happy, sad, stressful), whereas the observer should be aware of the talkers' body language and nonverbal communication. Participants should switch roles so at the end of the exercise, each participant talks for 2,5 minutes, as well as listens and observes.
3. Afterwards, participants should discuss in groups what they noticed about each other's body language if there were any inconsistencies between verbal and nonverbal communication and how they can improve their nonverbal communication.