

Non verbal Communication Exercise

Nonverbal communication is a large part of the messages we give and receive. Although someone's words may sound kind, the way something is said can convey another message.

In this exercise, we will be using non verbal communication to communicate in a positive way and then using the same statement in a negative way to illustrate the importance of those unsaid portions of communication.

Non verbal communication consists of the following:

- ✧ Body behavior
 - ✦ Posture
 - ✦ Gestures
 - ✦ Body movements
- ✧ Facial expressions
 - ✦ Smiles and frowns
 - ✦ Raised eyebrows
 - ✦ Twisted lips
- ✧ Voice related behavior
 - ✦ Tone of voice, pitch, voice level, intensity, inflection
 - ✦ Spacing of words
 - ✦ Emphases, pauses, silences
- ✧ Observable autonomic physiological responses
 - ✦ Quickened breathing
 - ✦ Blushing

Use the following list of statements to experiment with non verbal communication. Partner 1 will pick a statement and express it in a negative way using some of the non verbal communication items listed above. Partner 2 will listen and then share how it felt hearing the message and identify which non verbal items were used. Partner 1 will then use that same statement in a positive way using non verbal items and Partner 2 will share how it felt hearing the message and identify which non verbal items were used. Then partners will switch and Partner 2 will be the speaker and Partner 1 the listener.

Statements:

Thank you for your help with this project.

I already sent that bill in.

What have you been doing today?

I don't have much time left to get this finished.

I've done all I can with this project.

What's been done with this project?

Were you able to get a hold of the company?