

COMMUNICATION CHALLENGES

Verbal and non-verbal communication can be emphasised through different gestures, verbal cues, repetition (or lack of!) and clear instruction.

- **ACTIVITY 1 - Memory test (as a group)**

The leader should read out the words and ask the group to commit them to memory

dream	tired	nap
sleep	night	snore
night	banana	pillow
mattress	blanket	alarm
snooze	night	sheet

Explain that people easily remember the first and last things they hear in a series.

Surprise – ask those who remember the word (banana) to raise their hands. Make the point that most people tend to remember things that are different, new or unexpected.

Repetition – Ask those who remember the word (night) to raise their hands. Most participants must have remembered and wrote this word because it was repeated three times.

False-memory – Ask the girls to raise their hands if they remember the word “bed”. Reveal that this word was not in the list some of them may have written it down. Explain that our brain automatically closes gaps in what it sees and hears or reads, and sometimes assumes things that never took place happened. Some girls would have written the word “bed” because it simply fits and belongs to the list logically even though you never read it.

- **ACTIVITY 2 - Human Obstacle Game (as a group)**

Pick two girls - One is blindfolded and one is an instructor. All the other girls make themselves into obstacles which the blindfolded girl has to be directed through / passed by the instructor. Only the instructor can communicate with the blindfolded girl, all the obstacles (!) should be silent.

- **ACTIVITY 3 - Egg Drop Challenge (in pairs or small groups)**

Design a structure / protective device that can protect an egg when dropped from a meter height. Can use boxes, cardboard, cotton wool, tissues, cloth, tape, tubes etc. The leader then tests the device to see if it does indeed protect the egg!

- **ACTIVITY 4 - Famous Pairings (as a group)**

Put a post it note on the back of each guide with the name of a famous double act. The girls must ask questions of each other to find their other half!

(Refer to Resource – Famous Pairings)

- **ACTIVITY 5 - Wink Murder (as a group)**

(Refer to Resource – Wink Murder)

- **ACTIVITY 6 - Silent Ball (as a group)**

(Refer to Resource – Silent Ball)