VERBAL AND NON VERBAL COMMUNICATION

Verbal communication requires language. A language is a system of signals, such as voice sounds, gestures or written symbols.

Non-verbal communication does not need language. Silence is the best example. In certain contexts, silence can convey its own meaning…Silent communication shows more emotion than verbal! Non-verbal communication includes gestures, body language, signs, symbols etc.

Every day we communicate with people in one way or the other may be directly or indirectly. All of us come across situations when things go wrong due to lack of communication. There can be various barriers in communication. Consider verbal and non-verbal communication techniques in the following activities:

- **ACTIVITY 1 – Power of Body Language (as a group)**

Explain to the group that you are going to give them a series of instructions, which you would like them to copy as fast as they can

State the following actions as **YOU** do them:

• Put your hand to your nose
• Clap your hands
• Stand up
• Touch your shoulder
• Sit down
• Stamp your foot
• Cross your arms
• Put your hand to your mouth – **but whilst saying this put your hand on your head**

Observe the number of group members who copy what you did rather than what you said.

Facilitate discussion on how body language can reinforce verbal communication, however it can also be stronger than verbal communication – it is important that we are aware of our body language in order to ensure we are projecting the right message.

- **ACTIVITY 2 - Draw like me activity! (as a group)**
(Refer to Resource - Draw like me)

- **ACTIVITY 3 - Lego buildings (in patrols / small groups)**
(Refer to Resource - Lego)

- **ACTIVITY 4 - Pictionary with play dough (in patrols / small groups)**
The Guide leader asks one member of each patrol to come over to her and quietly asks them to build an object (e.g. bike, trefoil) using play dough in their patrol groups and see which group guesses the object first. The builder is not allowed to talk!
(Refer to Resource - Playdough Pictionary)