

# Communication - Activity 1

## Express yourself



**Time Taken:** 40 - 50 minutes

### Skills Developed:



Communication



Self-awareness

### Resources Required:

- This worksheet
- A mirror or smartphone (if you have one of these available)

### During this activity you will:

1. Define communication
2. Explore how communication is not just about what you say
3. Explore how to use emphasis and tone to communicate
4. Practise using body language and eye contact

### Learning Outcomes:

1. Understand and define communication
2. Understand how tone, emphasis and body language can be used to communicate

## What is communication?

Communication is sharing or exchanging information or ideas with someone.

Good communication means understanding who your audience is, what they need to know and how they need to be given the information.

Can you define what communication is in your own words?

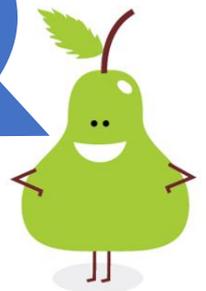
**Task: Re-write the definition of communication in your own words.**

What different ways are there of communicating with other people?

**Task: Make a list of different ways of communicating.**

- 1.
- 2.
- 3.
- 4.
- 5.

Conversational communication isn't just what you say. In fact, this is only 7% of your communication! The rest is non-verbal: 55% body language and 38% tone of voice.



**In these activities, you will explore one of the simplest forms of communication, something at which we can all excel: the art of conversation.**

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## Emphasis changes meaning

Emphasis = when a speaker makes a specific word stand out to show that it is particularly important to the meaning of what they are saying.

You are going to explore how changing emphasis can change the meaning of what you are saying by listening to someone else talking. ***If you don't have someone else at home with you, do the speaking yourself and listen carefully as you speak.***

**Task: Ask someone to repeat this phrase below. Each time they say it, they should emphasise a different word from the phrase. Listen for how the meaning of the phrase changes each time.**

The phrase is:

**"I'm not saying she isn't my friend."**

**Task: How did the meaning change when the speaker emphasised different words in the phrase?**

Emphasising different words in the phrase changed the meaning of what they were saying because...

## The tone game

Tone = The sound of your voice and what it shows about how you are feeling.

You have a choice of tasks here. Compete one (or both!) of them to explore how changing the tone of your voice can communicate ideas about how you are feeling. **Task 2 is particularly designed for those of you who don't have another person available to complete the activities with.**

**Task 1: Ask someone to read the phrases below. They should read each of the phrases in the left column twice. Each time, they should read the phrase in a *different* tone from the right column, e.g. bored, annoyed**

**Task 2: Read each of the phrases aloud yourself. Read each phrase twice. Each time, read the phrase in a *different* tone from the right column, e.g. worried, happy**

### Phrases

I love spaghetti and meatballs

What are you doing this weekend?

You smell of roses.

It doesn't matter.

### Tones

bored

annoyed

worried

happy

friendly

sarcastic

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## Practice: Me in the mirror

Seeing ourselves talk is a powerful way of improving our communication skills. One way to do this is practising communication in the mirror or recording ourselves.

If you don't have access to a mirror or mobile phone, carry out the task with another person. They should ask you the questions and listen to your answers. They can then use the reflection questions to provide you with feedback.

**Task: Use the questions below to have a conversation 'with yourself'! Use today's lessons on tone and emphasis to communicate as effectively as possible.**

Conversation Questions:

- How are you feeling today?
- What are you looking forward to doing this week?
- What is the most interesting thing that you have done recently?
- What do you like to spend your free time doing?

**Task: Use the reflection questions below to reflect on how you used your communication skills during the conversation with yourself.**

Reflection Questions:

- 1) Did you make eye contact during the conversation?
- 2) What was the tone of your voice during the conversation? Did this help you to be understood?
- 3) What was your body language during the conversation?

## Optional Task - Sharing Your Learning

The following task is an optional one to help develop your learning further. One of the best ways to consolidate your learning is to share what you have learned with someone else.

Can you explain the concept of communication to someone else?

**Task: Find someone who is at home with you. Explain, in your own words, what communication is. Try to include the things below in your explanation.**

- What the word 'communication' means
- What the words 'tone' and 'emphasis' mean
- How you can use tone and emphasis to communicate more effectively