Communication 101

Description
This activity looks at communication from different angles. Students will explore verbal communication, such as expression using words, and non-verbal communication, how people communicate using facial expressions, gestures, and body language.

Lesson Objectives
Students will be able to:
- understand the difference between verbal and non-verbal communication
- reflect on their own communication style

Terminology
Verbal communication: is how we express ourselves in words, both spoken and written. This includes enunciation, pauses, stutters, emphasis, and word choice.

Non-verbal communication: involves sending and receiving messages without words. This includes body language such as gestures, facial expressions such as tone and pitch of voice, and body posture.

Estimated Time
1 hour

Facilities
Classroom

Materials
- Computer and projector
- Handout: Communication Self-Assessment
Student Activity

Procedure

1. Discuss the differences between verbal and non-verbal communication.
   - Verbal communication – how we express ourselves in words, both spoken and written (enunciation, pauses, stutters, emphasis and word choice).
   - Non-verbal communication – communication without words (facial expressions, gestures, appearance, body movements, posture, eye contact, and tone of voice).

2. Discuss examples of both positive and negative verbal and non-verbal communication.

3. Ask the class to guess how much of our communication is verbal and how much is non-verbal.

4. Project the following chart, or tell students the answer. Discuss how more than 90 percent of communication between people is non-verbal. Ask students if they are surprised by this statistic.

![Communication Chart]

5. Pass out the Communication Self-Assessment to each student. Have them complete the test and the reflection.

6. Have students share their insight in pairs, small groups, or as a class.

Assessment

- Participation in class discussions.
- Communication Test and reflection could be handed in.
- Peer evaluations.