

Activity 1: Non-verbal communication

1. Allocate roles to each person:
 - a. Communicator
 - b. Listener
 - c. Observer
2. Choose a scenario from the list below:
 - a. Do you want a coffee?
 - b. What's the time?
 - c. Have you seen my book?
 - d. I had toast for breakfast. What did you have?
 - e. See you in 3 days.
 - f. I'm hungry. What's for dinner?
3. Communicate your message to the Listener without using words.
4. Discuss the following:
 - a. Communicator: How did you get your message across?
 - b. Listener: How easy/difficult was it to understand your communication partner's message?
 - c. Observer: What did you see? Were there any communication breakdowns? If so, how were they managed?

If you have time, swap roles within your group and choose a different scenario.

Activity 2: Vocabulary Sort

1. Read the words below
2. Sort the words according to the following criteria:
 - a. Easy to understand
 - b. Harder to understand

Considerations:

- What makes the word easy/hard to understand?
- Are there better, or alternative, words that could be used instead?
- Reflect on the types of words you use when you're coaching. Would they be easy or more difficult to understand?

Word list:

Slow, grab, take, dangle, zigzag, weave, post, clip, peg, put in, cylinder, flag, ball, good talking, beautiful (used to praise), well done, lovely (used to praise), fast

<i>Easy to understand</i>	<i>Hard to understand</i>

If you have time, think of words that you use and add them to the relevant column