

Session 11: Communication continued

Aspire Programme

TIMES	WHAT	DETAILS	EQUIPMENT NEEDED
15	Ice Breaker	Blindfolded blob- the blob must tag other members to grow, with the two outside members always blindfolded!	Boffers x2, Blindfolds x2
15	Connect	“Hot and Not”- Highlight of the week (hot) and lowlight/challenge (not). Connect, and try to learn more about their lives as people. Frontload: Communication- How can we do it? What are the styles?	Talking object e.g. rubber chicken (if needed to encourage one person talking at a time)
15	Loosener/deinhibitizer	Body english- Split group in half, and separate them to opposite sides of the room/area. The two teams must attempt to communicate nonverbally a message from the other side of the room. Facilitator can either give them a message (secretly) or ask them to create their own message. Should be an instruction that gets people on the other side to do an action.	
10	Main activity	Communication style test- in workbook	Workbook- Communication continued
15	Discussion activity/debrief	Reflect, Analyse, Apply What happened? Does the result of the test match what you were expecting?	Workbook: communication styles, and ways of communicating!

Purpose: To identify our communication styles and discuss communication skills and types- reflecting on last week's session.

Activity briefs:

Blindfolded blob:

Same rules as 'the blob'- Establish group boundaries, select two taggers. The two taggers selected have linked arms, with a boffer each on their outside arms. In blindfolded blob, the blob starts off with 4 people- all with linked arms. The two inside people direct the ones on the outside, who have boffers in their outside hands, and are also wearing blindfolds. When the blob hits another person from the waist down, that person must join the blob: linking arms, taking the boffer and also wearing the blindfold. Team must work together to grow the blob.

Equipment: Boffer x2, Blindfold x2

Body English:

Establish group boundaries, split group in half. Send each of the two teams to either side of the room/area. Either give them a message, or give them 2 mins to create a message to communicate with the other team. The message should be an instruction, and the other team's job is to do the instruction. The teams must communicate nonverbally, either acting out or spelling out the message- and once the other team thinks they know, they must energetically do the action instructed!

Communication styles test- find in leaders manual/workbook.

MAIN ACTIVITY DEBRIEF CYCLE: Workbook- Communication continued

Sit down in a circle with the group

Reflect

-What happened?

What were the results of the test? Did you expect that outcome? What was going on for you?

Analyse

- So what?

How did you feel about the result? Do you think that it's true, and where can you see the connection to you? How relevant to you do you feel this is? What kind of communicator do you think you are?

Relate/Apply

- Now What?

How can we be the best communicator we can be? What ways are there of communicating? (Verbal, body language, written etc.) How can we be aware of ours and others communication styles, and communicate effectively with the world around us? (I statements etc.)