

NON VERBAL COMMUNICATION

45 minutes long lesson plan for 16-20 adult people

TIME	ACTIVITY	TOOLS
5 minutes	Introduction Definition of communication, why and how do we communicate.	
10 minutes	Warm up exercise The teacher says one sentence in three different ways and the students guess the difference, and the difference in meaning.	
10 minutes	Short presentation Basic information about communication, definition of non verbal communication and its types.	Powerpoint presentation
8 minutes	Group exercise The students in groups of 4-5 each get 2 sets of papers - one with sentences and one with situations/feelings they should express. Their task is to perform/say the sentence to match its situation or feelings using non verbal communication. The other students have to find out as much from the non verbal communication as possible.	Papers with simple sentences and emotions, feelings.
7 minutes	Quick quiz Match the definition with the type of non verbal communication and add an example.	Printed paper with definitions and types of non verbal communication- cut in pieces.
5 minutes	Summary and comments from the students.	

Warm up exercise

A sentence:

Tomorrow is going to be snowing a lot.

say the sentence:

- 1.) in happy voice, smiling, open hand gestures
- 2.) in annoyed, tired voice, not much expression, slouchy posture
- 3.) in angry, furious voice, hands in fists, frowning, loud

Discuss the differences, the meaning and reasons behind the way the sentence was said. Who and in which situations might have used them.

Group exercise

Print this, cut into individual pieces, hand out for group exercise.

You did a great job.	sincere
Congratulations, you really deserve it.	happy
Yeah, I have a cat.	angry
Come here, I need to tell you something.	sad
We're having a baby.	surprised
It's nice to finally meet you.	arrogant
	sarcastic
	honest
	excited
	scared

Quick quiz

Match the name to the definition and example. Print, cut in pieces.

posture	arm crossing
gestures	shoulder shrug
mimics	frown
eye contact	eye roll
proxemics	use of space
haptics	slap

