

EXERCISE: Communication and Coordination 2

These exercises are aimed at practicing effective verbal and non-verbal communication in a team, as well as active listening skills, and teambuilding. The exercises were developed by Katarzyna Pluska [<https://www.katarzynapluska.pl/komunikacja-interpersonalna-cwiczenia/>]

1. Charades

Divide the group into two teams. Each team receives a card with the name of a machine or vehicle on it, e.g. tractor, helicopter, lawn mower, truck, etc. The task of each group is to present the device on the card only by means of body language. Each member of the team must be a part of the presentation. The second team guesses what the other team is imitating. If necessary, the presenting group may imitate sounds after a while.

After the exercise, have a group discussion:

- What are your impressions?
- Did a leader emerge in your group?
- What was the most difficult?
- What was cooperation like?
- Have you had problems with reaching an agreement?
- How did you solve them?
- How did non-verbal communication take place in your group?

2. Figures

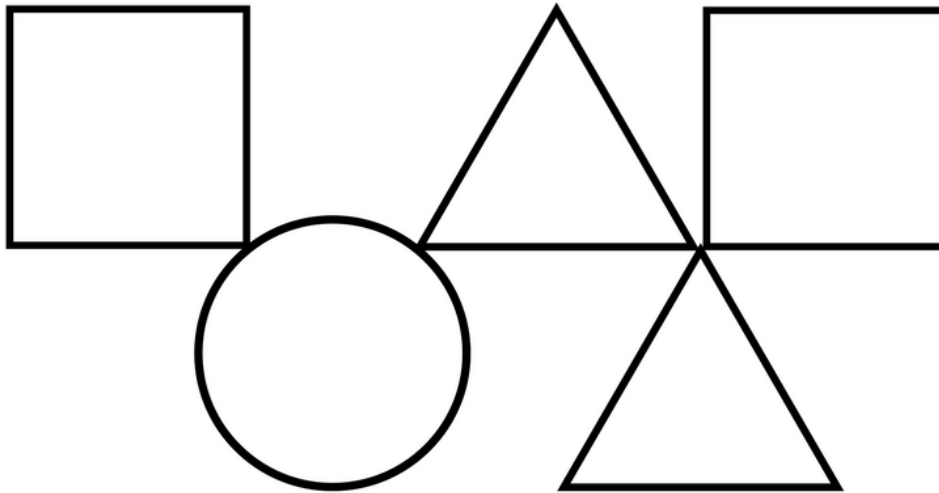
Prepare template cards A and B.

Version A: One of the participants describes the figure on card A to a team member, who then has to draw the figure on a blackboard or flipchart according to the description. The instructions cannot be repeated and there are no questions allowed.

Version B: Repeat the previous exercise with card B the difference that now questions and answers are allowed.

After finishing the two versions, the group should discuss their experience of versions A and B: Compare the participants' drawings with the patterns on cards A and B. How similar are they? How did the communication go? What helped them to understand the description?

Card A



Card B

