

## *Communication activities*

### **Life Highlights Game**

Time required: 30 minutes

This activity can be used with groups of any size. It begins with the leader asking the team to close their eyes for one minute, thinking about the best moments of their lives. The memories can include any happy moment in their lives, personal or professional. Once the team has completed their minute, the leader is to inform the team that the highlights must be narrowed to 30 seconds. Keeping their eyes closed, ask each participant to take a moment to decide what 30 seconds of their life they would want to relive if they only had thirty seconds left in their life. Once this is completed, each participant will tell the team what their last 30 seconds included, and why it was chosen. This activity allows participants to get to know their co-workers on a more intimate level.

### **The One Question Ice Breaker Activity**

Time required: 15-20 minutes

This activity gets team members to communicate with one another while getting to know each other. The leader gets to decide the situation the question will relate to. After putting your team into pairs, the leader will pose this question: If you could ask just one question to discover a person's suitability for (insert topic here), what would your question be? If the leader chose the topic of marriage, each person in the pair would come up with one question that would help them discover whether or not their partner was suitable for the topic given for them. While this activity can be very fun, it is important to develop the topics to not be too controversial or inappropriate. The aim of this activity is to develop positive and effective communication between team members.

### **Make a Team With... Activity**

Time required: 15-20 minutes

This activity forces team members to act quickly to form small teams based on instructions that the leader shouts out. The activity teaches team members how to think on their feet, while allowing the team to get to know one another. There is no limit to how many people can play; the more the better! The team is to form a team based on an instruction the leader shouts out. It can be anything from 'form a team with people who have the same number of kids as you' or 'form a team with people who have had the same amount of international trips as you'. Once everyone is in a group, the group signals to the leader they are finished. This can be done by shouting out, putting hands on heads, sitting down or jumping up and down. Make it fun, and not too serious. This activity is designed to strengthen the bond of your team while improving overall communication skills.

### **Just Listen Activity**

Time required: 25-30 minutes

This activity encourages participants to communicate how they feel about a subject. Team members get into pairs and one member talks about his or her opinions. The other listens without speaking, and then recaps on what has been said. This activity will strengthen your teams listening skills. Listening is an incredibly important part of good communication, and it's a skill that people often ignore in team activities. This activity also shows them how to listen with an open mind. Firstly, team members sit down in pairs, and are given eight index cards. One partner will choose a card and speaks for three minutes on how they feel about the topic. While they talk, the other person cannot speak. When finished, the listener then has one minute to recap on what his partner has said. He cannot debate, agree or disagree – only summarize. Next, the roles switch, and the process starts again.