

# Activity 10

## Nonverbal Communication

Nonverbal communication involves sending messages without using words. When you use nonverbal communication, you show how you feel about yourself and others.

**Part I Directions:** Use the correct term from the box below to complete the sentences that follow.

<b>Body language</b>	<b>Physical appearance</b>	<b>Personal space</b>
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- Your posture and \_\_\_\_\_ signal your interest level and give clues about your self-image.
- Your \_\_\_\_\_ is like an invisible bubble around you that communicates how you want to relate to others.
- You communicate a lot by using \_\_\_\_\_ such as gestures and body movements.

**Part II Directions:** For each situation below, describe how you would use nonverbal communication to show how you feel.

- A friend tells you that her parents are getting divorced.

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- A classmate tells you a rumor that you know is not true.

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- Your sister is excited about going to college.

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- Your best friend is nervous about making a class presentation.

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- You hear a classmate boasting about his grades.

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# Activity 11

## Conflict Resolution

Conflict resolution involves working out differences in a way that satisfies everyone involved. To do this, you and the other person must work as a team and find a way to resolve the conflict together.

**Directions:** Recall a situation in which you resolved a conflict. Answer the questions that follow.

1. What was the conflict about?

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2. How did you open the lines of communication?

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3. What was your initial viewpoint?

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4. What was your partner's initial viewpoint?

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5. How did you show that you were listening carefully?

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6. How could you tell that your partner was listening?

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7. What body language did you use?

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8. What body language did your partner use?

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9. How did you resolve your conflict?

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**Activity 11** *continued*

**10.** What did you learn from resolving the conflict?

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**11.** If you experienced this same conflict again, what would you do the same when dealing with it?

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**12.** What would you do differently? Why?

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**13.** What advice would you give a friend who is trying to resolve a conflict?

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**14.** In what areas of your life will you find conflict resolution skills helpful? Why?

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