

## THEME

Connectedness

## SUB THEMES

Relating to & Communicating  
with Others

## Overview

In this learning activity Participants explore 10 helpful hints for communication. The hints are focused on improving interpersonal skills. Participants use these hints when leading games or activities with a group of Participants. Two sample games are included.

Facilitators may wish to use the 10 criteria as a checklist for observing the Participants' lead and give them feedback on the leadership experience.

## The High Ten Test

### Knowledge and skills

Communication, sending and receiving messages, listening, barriers to communication, effective leader communication.

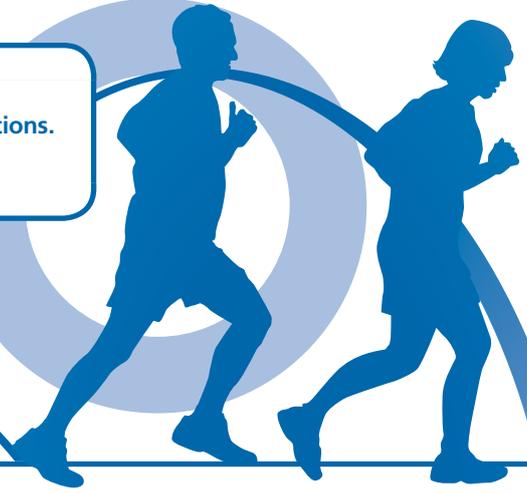
### Resources

- Leader Journal template
- Equipment for games



## STEP 1

Participants discuss the 10 hints and answer the associated questions.



## STEP 2

Facilitate the two games for the Participants to explore communication. Participants are questioned about how they communicated in terms of the 10 hints.

## STEP 3

Participants lead a game or activity. The 10 hints may be used to measure their engagement and communication with the group they are leading.



## STEP 4

Facilitate feedback, either verbal or written, on the Participants' leadership communication.

## STEP 5

Discussion of feedback. This may be either individual or group discussion. Reflective questions may be around:

- Which criteria did you do the best with? Why?
- Which criteria did you not do so well on? Why? How will you improve this?





## PAPER, SCISSORS, ROCK

### BRIEF

Participants use their entire body to challenge other participants in the traditional game of Paper, Scissors, Rock.

### ORGANISATION

Set up a coned playing area. Two Participants challenge each other to a contest. Facing each other, both Participants must jump three times before showing their sign.

The signs are:

- *Paper* – spread arms and legs so body is as big and as spread out as possible
- *Rock* – bend knees and wrap arms around yourself
- *Scissors* – make an 'X' shape with the arms in front of the body and move back and forth as if opening and closing scissors

The winner continues to challenge other players while the loser must complete a task before challenging another player.

Tasks could include running around the coned area, dribbling a soccer ball around the area, bouncing a ball 10 times.

### ALTERNATIVES

1. Set up the playing area so Participants are racing to each other's sides and having to compete with opponents along the way. Each win gets them closer to their finish and each loss sends them back to the start.
2. Have Participants performing a skill and on the Facilitator's signal they must challenge another Participant.



## EQUIPMENT

Either 9 spot markers or 9 cones, and 3 bands

## HOW TO PLAY

Two teams of three.

One team wears bands and are the noughts. The other team are the crosses.

The aim is to get a line of three. This can be a diagonal line, straight line through the centre, a line going across and so on.

A line of three scores 1 point. The game is played until a team has scored 5 points.

If a defender gets to the cone first, the attacker cannot go there.

A defender can stay five seconds at a cone. This can be decreased as players get better.

## QUESTIONS TO ASK PLAYERS

- What is the most effective way to get three in a row?
- How do you create the space to be able to move?
- How can you communicate more effectively to get three in a row faster than the other team?
- What defence strategies can you put in place... what would your team need to think about to stop the other team getting three in a row?
- Attack vs. defence – what is the focus of the team?



NAME \_\_\_\_\_

## The High Ten Test

Try these 10 helpful tips for improving your interpersonal skills.

### 1. Smile

How important is the smile? What message does it give?

---

---

---

### 2. Be appreciative

How can you show the people you are working with your appreciation?

---

---

---

### 3. Pay attention to others

What does this mean? How do you do it?

---

---

---



**4. Practise active listening**

What is active listening?

---

---

---



**5. Bring people together**

What brings people together in your own environment?

---

---

---

**6. Resolve conflicts**

What is the best way to resolve conflict?

---

---

---



**7. Communicate clearly**

What do you need to keep in mind to communicate clearly?

---

---

---

**8. Humour them**

Why?

---

---

---

**9. See it from their side**

How do you do this?

---

---

---

**10. Don't complain**

Why?

---

---

---

