

Communicate Without Looking

Category of Competencies: Communication Skills

Description:

A short activity to demonstrate the importance of eye contact and body language in effective communication. Participants will recognize how these non-verbal elements impact understanding and engagement.

Activity Categories:

Short, Working in Pairs, Easy to Prepare

Main Competencies Involved:

Attentiveness, Communicative Focus, Diction, Non-verbal Communication

Other Competencies (Different Category):

Adaptability, Networking

Resources Needed and Practical Considerations:

None

Estimated Time:

10 minutes

Description of Activity:

Step 1: Divide the group into pairs, and have each pair sit back-to-back to prevent eye contact and limit body language. Introduce the activity by explaining that they will first have a short conversation without seeing each other.

Step 2: Ask each pair to discuss a fun, light-hearted topic while sitting back-to-back. Provide conversation starters such as:

- "What's your favourite school subject?"
- "If you had €5000, what would you spend it on?"
- "If you got stuck on a desert island, what would you bring and why?"
- "If you could be any animal, what would you be and why?"

Allow each pair one minute to discuss one of these topics back-to-back.



Step 3: After one minute, have each pair turn around to sit face-to-face. Ask them to discuss a new topic, or revisit the same topic, while making eye contact. Suggested topics include:

- “Should schools teach life skills as core subjects or focus only on academics?”
- “Do school exams accurately reflect a student’s intelligence?”
- “Is social media more positive or negative for young people?”
- “Should governments provide free housing for all citizens?”

Give them another minute to converse on this topic, observing how their interaction changes.

Step 4: Ask everyone to sit in a semicircle. Invite each pair to share feedback on their experience, focusing on how each conversation felt different. Encourage participants to reflect on the importance of eye contact and body language in communication.

Processing Questions:

What was it like to talk to someone without eye contact?

Did the conversation feel different when you were face-to-face? How so?

How did eye contact and body language influence your understanding of each other?

What do you think are the benefits of talking face-to-face?

