

“I Don’t Think So!”

Objective: To build an awareness of the effect of tone of voice and inflection on communication

Activity:

- Have group stand and get into groups the number of the sides in a triangle.
- Have one of the team get a pen or marker off the tables. The person who is speaking is to be holding the pen or marker.
- Using the phrase, “I don’t think so!” have each assume one of the roles:
 - Child - emotional (whiny, pleading, etc.)
 - Parent - authoritarian
 - Adult - calm, rational
- Beginning with the ‘Child’, say the phrase, “I don’t think so.”
2nd is ‘Parent’ and 3rd is ‘Adult’.
If there is time, allow them to change roles and repeat saying the phrase.

Self-reflection: Have participants verbally process or journal what they learned from this activity.

Extension: Have participants write down 1- 2 words that describe their emotional state in each of the roles.

It’s All In How You Say It!

This is a great activity to follow the “I Don’t Think So!”

While still in groups of 3, give the following instructions: (If time is a factor, put in groups of two to shorten this activity.)

- **Directions:**

“There will be two rounds to this activity. Decide who is going to talk first. Please pay attention to tone of voice, expressions, and body language.

In the 1st round briefly tell each other something that made you really angry using an angry voice.

In the 2nd round repeat the same story only tell it in a happy voice.”

- **Processing:** Do a pair/share or whole group discussion.
 - **From Listener's point of view:**
What differences were there in voice tone, expression, body language between the two versions?
 - **From Speaker's point of view:**
What differences did you notice in how you felt while sharing with the two different attitudes?
i.e. distress, tension, etc.

Extension: Have participants write down 1- 2 words that describe their emotional state in each of the roles.

Self-reflection Strategies: Have participants verbally process or journal what they learned from this activity.