

Communication Drawing Exercise

Setting Up

- This exercise can be used either in pairs or as a whole family unit.
 - Choose one member to be the **speaker** (instructor).
- This person is to draw an image of their choice without sharing any details to the remaining group members. This image is what the speaker will use to instruct the remaining members to draw.
- All remaining members are to be the **listeners** and must have a blank piece of paper, pencil and rubber before starting this exercise.
- All listening members must be sitting back to back (or spaced out if more than 2 people), ensuring no other could possibly see their work.
- Communication must be from the speaker **ONLY**. Therefore, no communication is permitted from any of the listeners within the group.
- No hand movements or any other form of an attempt to communicate to clarify understanding of instructions are to be made.
 - This is a **vocal** communication **ONLY** exercise.

The Start

- Set a timer and allow 10 minutes for this exercise.
- The **speaker** is to give directions to the **listeners** on how to draw the image created by themselves, using simple step by step instructions.
- They may wish to use various ways of describing their instructions but must be mindful of the time left available for the exercise.

The End

All members are now to reflect and discuss the results.

- **Speaker**

How clearly do you think you gave your instructions?

What was it like for you not knowing if the listeners understood your instructions or what it was that they were drawing?

Is there now anything that you would do differently for the next time?

What else did you learn from this exercise?

- **Listener**

How clearly do you think the speaker's instructions were?

How did you feel not being able to communicate by asking questions to gain a better understanding of the speaker's instructions?

What would you suggest to the speaker that might have helped you to understand better?

What else did you learn from this exercise?

Effective communication is about actively listening and assertive talking.

Has this exercise given you any insight into how you could be more effective when communicating with others within real-life conversations?

Start by drawing a picture that will be simple to give instructions to draw. The better you communicate, the more difficult the pictures should become.

