



4-H COMMUNICATION ACTIVITY PAGE

Developed by **Justin Crowe**, Extension Agent, Davidson County
Lori Jean Mantooth, Extension Assistant, 4-H Youth Development

Beginning



Life Skill
Communicative

Your 4-H COMMUNICATION Project



You communicate every day. You communicate when you talk, write or express your thoughts in other ways. Listening to others is also part of communication. It takes practice to be a good communicator. This 4-H project will help you learn about different kinds of communication and how to make yourself a better communicator. Some of the skills you can learn and activities you can do in this project are listed below. Check your favorites. Then, work with your 4-H leaders and parents to make a 4-H project plan for what you want to do and learn this year.

- Learn how to speak in front of groups effectively.
- Understand verbal and non-verbal forms of communication.
- Learn how to write an outstanding speech.
- Learn to conduct a successful conversation.
- Learn to write a complete story using at least three paragraphs.
- Learn to write for different audiences and situations.
- Give a speech.
- Give a demonstration.
- Conduct a service project using project skills learned.
- Other _____

Writing My 4-H Story

Writing is one form of communication. Write so that others can really imagine what you are writing about. Use words that **describe** sights, smells, tastes and sounds. You should also use correct grammar.

Write a story about why you enjoy being in 4-H. Include things such as what you like to do, the people you work with and any other details about your 4-H club. Share your story with others and keep it in your 4-H project folder.

Non-verbal Communication

Did you know that you say as much with your body as you do with your mouth? This is called **body language**. People use their bodies to say they're happy, angry, confused—all sorts of things! Think about the last time you got excited. What did you do? You may have jumped, waved your arms, turned a cart-wheel. It probably wasn't hard for people around you to tell that you were excited about something!



When you go shopping or to a ball game, watch the people around you. What are they saying with their body language? Record what you see on a separate sheet of paper. Share it with others and then put it in your 4-H project folder.

Talking with Others

Sometimes you want to communicate with one person or just a few people. This is called **conversation**. Think about how often you talk to friends, classmates and family members. Since it's something you do so often, you need to know how to do well.

Conversations involve more than just talking. To get your message across and to hear what others are saying, remember a few rules.

- Be open and honest.
- Respect yourself and others.
- Listen to others and encourage them to share their thoughts and feelings.



Try This—Speak Out

One form of communication is **public speaking**. This usually means giving a speech in front of a group. Giving a speech can be fun and exciting, but it can also make you nervous! If you write your speech and practice it, you will be much more comfortable when you stand up to speak.

A speech has three main parts.

Use a short **introduction** to get the audience's attention and share your main idea. You might also use a

famous quote, a question or your reason for choosing to speak on this topic.

The **body** of your speech should give three to five main points about your topic. The points should be interesting and have a logical order.

Restate your main idea in the **conclusion**. End with a final thought, something you want the audience to remember.



Now, it's time to write and give a speech! Pick a topic that interests you. It could be anything— cars, cookies or even frogs. Work with a teen or adult leader to write a speech about your topic. Practice, practice, practice! Then, give your speech in a 4-H meeting.

In your 4-H project folder, write about what you learned about public speaking. What did you do well? What do you want to improve?

4-H COMMUNICATION ACTIVITY PAGE

Communicating with Your Voice

Verbal communication involves more than the words you use. You also express yourself by the way you speak. You can communicate through your volume, tone, rhythm and other qualities. Listed below are several words that describe the way you speak. Look in books or on the Internet to learn more about these words. Share what you learn with your 4-H friends. Then, look for the words in the puzzle.



P G Q P D Y S P E E D M
O N D L R T E G J I T H
T A N C O I S G M F C W
N O I T A L U C I T R A
O V N Q D A A L I M L S
C G U E B U P P P M T X
P B X J L Q M H G R U S
K K Y X O E K H E D Z D
O F H X C C O S T O P C
V M N H K I S Q H Y V N
W Y C E S O O D Y Z H M
E M U L O V M W P V E R

ARTICULATION
PAUSES
PITCH
RHYTHM
ROAD BLOCKS
SPEED
STRESS
TONE
VOICE QUALITY
VOLUME

Career Scavenger Hunt

By asking others, researching on the Internet or reading a book or magazine—search for a job that uses communication skills and knowledge. Here's what you are looking for.

1. Job Title _____
2. Job Description _____

3. Education Required _____

Service Ideas

- Help another 4-H'er write and practice his or her speech.
- Design a poster for National 4-H Week or to promote a 4-H event (such as camp).
- Volunteer to read books onto tape for the blind.
- Visit a local nursing home and deliver your 4-H speech.
- Put together a scrapbook full of pictures and letters for your family.

Writing, Speaking and Other Things

Written and spoken (or **verbal**) communication are very common ways to share your thoughts. But you can also express yourself in other ways. **Artistic expression** is one form of communication.

You can communicate your thoughts and feelings through different art forms. Choose two of the following. Look in books or on the Internet to learn more about how people communicate in these ways. Try the art forms and share them with others.

- Photography
- Acting
- Painting
- Singing
- Drawing
- Poetry
- Dance
- Scrapbooking

Don't forget to submit your project report to your 4-H leader.

In Other Words . . .

An important part of communication is learning to speak to people in a way they understand. Sometimes your listener may be younger than you and not understand the words you use, so you need to use words he or she knows. Sometimes your listener may be hearing impaired. This may mean you need to slow down, speak more clearly or even use another language!

Many people who are hearing impaired use **sign language** to communicate. Learn how to say your name and "I love 4-H!" in sign language. Practice this over and over and share it at a 4-H meeting.



Additional Resources

Being a good communicator is an important skill to have. Every day you need to express yourself—through writing, speaking and other creative ways. This sheet has given you the opportunity to explore different forms of communication. But this is just the beginning! Use the resources listed below to continue learning about communication.

- School & public libraries
- People who know about communication, such as teachers, radio announcers or others
- 4-H project groups
- The 4-H communication Web page:

<http://www.utextension.utk.edu/4h/projects/communication.htm>

For more ideas, contact your 4-H office.

Other 4-H Communication Activities

- 4-H public speaking contests
- 4-H demonstration contests
- 4-H poster contests
- 4-H photography contests

Reviewed by Garvin Quinn, Director of Marketing & Communications Services, and members of the state 4-H Youth Development staff ~ Edited by Wanda Russell, Publications Editor