



EXERCISES OF THE MOOC “SOFT SKILLS FOR EFFECTIVE PARTICIPATION”

BLOCK 3: Communication

1. Learning with entertainment

In order for you to continue deepening in the contents of this block we are going to leave you some recommendations of interesting series and movies regarding each of the categories addressed in the different didactic units:

Verbal communication	Thank You For Smoking
	Milk
	Breaking Bad
Paraverbal communication	Good Morning, Vietnam
	The King’s Speech
	Primal Fear
Non-verbal communication	Superman (1978)
	WALL-E
	Peaky Blinders
Bonus track	The Office

2. The broken phone

This is one of the classic exercises when it comes to understanding how active listening works. To put it into practice, you just need to put the participants in a line and then say a long sentence in the ear of the first person in the line. This person in turn should say the same sentence in the ear of the person behind, and so on until you reach the last person. The degree of difference or similarity between the original sentence and the sentence said by the last person in the line will allow the group's active listening skills to be assessed.

3. An improvised story

This exercise hones improvisation and storytelling skills. To put it into practice, each participant must begin to tell an improvised story on any subject. While the trainer introduces words, using a



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blackboard or tablet, the speaker must introduce them into the narrative with a minimum of coherence and discursive cohesion. The speaker will pass the test if he/she manages to introduce all the words correctly.

4. Inside out

This dynamic is based on the well-known animated film of the same name. At least five volunteers are needed to implement it. It tests, above all, paraverbal communication skills. The person leading the exercise secretly assigns each of the five basic emotions (joy, sadness, anger, fear and disgust) to each of the volunteers. They, in turn, will have to tell a story, real or fictitious, that intensely conveys the emotion they have been assigned, but without ever mentioning that word, as it is the taboo word. These people will pass the test if their audience is able to identify the emotion they have been assigned unanimously.

5. A pampering in the room

This is the mime game par excellence, which accompanies many cooperative board games. The game is played in pairs, which take turns. In each round, two or more pairs compete against each other, with a set time limit, and the winner of the round is the pair that first figures out the word or theme (which can be an object, an animal, a film, etc.) assigned to one of the members of the pair. The person in charge of representing that word or theme can only use their body language to express themselves - without verbal communication of any kind - in order for their partner to find out as quickly as possible. This activity aims to use all the communicative possibilities offered by the human body, and can be played as many rounds as you consider appropriate.