



---

# Shadow Conversations

---

## Objectives

- 1) To gain visual appreciation of verbal and nonverbal interaction
- 2) To increase awareness of the relationship between verbal expression and nonverbal or body language

## Participants

- 12 to 30

## Time

- 90 minutes

## Resources

- Slide projector
- Large pieces of white mural paper
- Magic markers
- Tape

## Flow

- 3) Experience
  - a) Ask the group if they have ever seen their shadow against a building or on a sidewalk, or when walking with a friend if they have been both shadow figures together. Explain that what they will be doing in this exercise is making shadows of themselves in conversation with others.
  - b) Turn on the slide projector and point it towards a large piece of white paper taped on a wall. Ask the group members to pair up and decide on a conversation involving one verbal exchange. An example may be given with one person saying, "Hey, why didn't you call me last night?" The response could be, "I'm sorry, but I really forgot." Encourage members to use a variety of feelings such as joy, sadness, surprise, anger, and so on.
  - c) Each pair takes turn standing in front of the paper while holding the appropriate posture that reflects the conversation. Outlines the shadows, and write the conversation taking place over the figure (see illustration on next page).
  - d) When completed, the shadow conversations are put up around the room for display and discussion.
- 4) Group discussion
  - Members describe the body language that expresses their conversation written above their shadows. They comment on whether they think the body language portrays the conversation accurately, and why or why not.
  - Group members discuss how body language can be interpreted and how this knowledge can be helpful in realizing the feelings of others during an interaction.

- This exercise can be a lot of fun and is effective with a variety of groups during all stages of group development.

