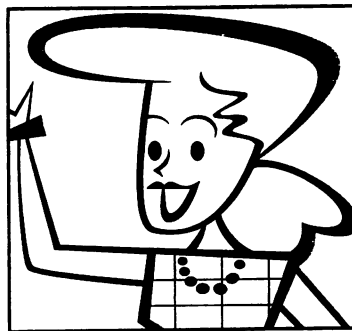


SORT OF) GLAD TO MEET YOU

OBJECTIVE

To break the ice and to show how body language can contradict or reinforce verbal messages.



MATERIALS REQUIRED

None.

PROCEDURE

Ask the group to form subgroups of 5 people. They will be asked to “meet and greet” each other in four ways. They should sequentially assume that:

- ✓ They really don’t want to meet the other person.
- ✓ They fear that the other might reject their greeting.
- ✓ They already know they are friends.
- ✓ They already know the other person—but just a little bit.

After each of the above four role plays is announced, allow 3–4 minutes for each activity so everyone can experience the activity. Then direct them to rotate to a new person and conduct the next role play.

DISCUSSION QUESTIONS

1. How did you feel the first time when you weren’t really overly thrilled (to put it mildly) to be meeting the other person?
2. What influences you most when making first contact?
3. Did your nonverbal behavior reinforce or negate your words or feelings?