



# Back to Back

TYPE:

Communication Tool

GROUP SIZE:

Any

MATERIALS:

Provided worksheet for group members

INTRODUCTION:

This exercise will help us understand the complexity of the communication process between individuals.

DESCRIPTION:

Partner group members and designate one person as Partner A and the other person as Partner B. Instruct group members to sit back to back and distribute copies of Diagram 1 to Partner A of each dyad. Ask Partner A to describe to Partner B how to replicate the drawing on Diagram 1. Partner B cannot ask questions during this part of the exercise. Allow 5 minutes for this part of the activity and then instruct each dyad to compare their diagrams. Tell dyads to sit back to back and distribute Diagram 2.

Repeat the process with the exception that Partner B may ask questions. Allow 7 minutes for this part of the activity and then instruct each dyad to compare their diagrams. Instruct partners to sit back to back again and distribute Diagram 3 to Partner B. Repeat the activity with the roles reversed. When the entire exercise is completed, facilitate a group discussion using the processing questions as a guide.

PROCESSING:

- What was it like participating in this exercise?
- What were the challenges & rewards of this exercise?
- How can you relate this to your own communication style?
- What did you learn about communication?
- How will you be a better communicator after this exercise?

VARIATIONS:

Group members with language barriers may have special needs during this exercise. Additionally, this exercise addresses both one-way and two-way communication. Although two-way communication may take longer, when used effectively, a better product will emerge.

OUTCOMES:

- To help group members understand the importance of interpersonal communication
- To facilitate an understanding of learning styles
- To assist in developing communication between group members

REMEMBER:

- Introduce the exercise
- Explain it thoroughly
- Process it completely