

MATES Junior Activity Resource Guide

Goal: **Communication Skills**

Activity Type: Pairs, group
Relationship Stage: Any

Activity Name:

"I've Got Your Back

Objective:

Build communication skills

Preparation Time:

5 minutes

Activity Duration:

15-30 minutes

Required Material:

- Pages with simple pictures
- Blank paper
- Pens/markers

Instructions:

- Before starting, the mentor prints out some simple pictures (depending on the number of players, print 6-12 pictures). Each picture should be on a separate sheet of paper.
- Pairs sit back-to-back, with one person the designated 'explainer' and the other, the 'artist'. The artist gets blank paper and pen/marker, and the explainer gets one of the simple pictures.
- The explainer has 3 minutes to explain to the artist what to draw, without explicitly saying what the picture is.
- When time is up, the explainer and artist compare pictures.
- Swap roles, and give the new explainer a different picture to try and explain to the artist.
- At the end of one turn each, discuss what helps (or hinders) communicating ideas in this situation. After this discussion, each person gets another turn to be the explainer and to see if the images improve after using some of the suggestions from their discussion.

Further Notes:

- This can be done in groups as well, with pairs facing off with one another to draw the best image in the time allotted.
- This is easily adaptable in terms of difficulty. You can reduce the amount of time explainers have to describe the picture, or you can give them more time but with a more difficult image.
- This is also a good activity for encouraging mentees to give positive (or constructive) feedback during the discussion – another useful skill for them to have.