

JUST A NOD

The power of feedback

Materials: Worksheet copies, paper, pens or pencils, timer

Directions: Read the worksheet, complete the activity and discuss as a group.

When a loved one returns from deployment, life is different. Why?

Because everyone has changed.

Feedback is a powerful tool. It can help your family accept change and reconnect.

Even a small bit of feedback like a nod can impact how we think and speak. If you say something we agree with, for example, a nod lets you know we feel the same.

In today's activity, we'll discover the power of feedback through a speaker-listener activity.

ACTIVITY INSTRUCTIONS

- 1 Divide into pairs. Choose a speaker and a listener. Everyone will have a turn to be both.
- 3 Let's start the first round now. Each pair will have 2 minutes to try and say the target sentence.

(Set the timer for 2 minutes.)

When the timer sounds, we'll begin the second round and switch roles. The partner who was the speaker becomes the listener, chooses a topic and writes down a target sentence. The listener will tell the speaker the topic, but won't let the speaker see the target sentence. The partner who was the listener will now try to say the target sentence without knowing what it is.

Remember: The listener can't speak. You can only provide feedback through a nod. We'll start the 2 minutes for round two now.

(Set the timer for 2 minutes.)

- 4 When the timer sounds, let's discuss the activity. Who was able to say the target sentence based on the nod feedback? How can feedback help your family reconnect?

- 2 For the first round, the listener will choose a topic from the list below and write a target sentence about the topic. For example, "I like talking to my friends on the phone." The listener will tell the speaker the topic, but won't let the speaker see the target sentence.

Friends	Family	Routines
Communication	Chores	Transitions
Activities	Family gatherings	Holidays

The speaker will begin talking about the topic and watch the listener for feedback. If the speaker says something close to the target sentence, the listener will give a nod. No other feedback can be given. The goal is to get the speaker to say the target sentence without knowing what it is.

