

TALK TALK TOOLKIT

THE ART OF HUMAN COMMUNICATION THROUGH APPLIED IMPROVISATION

Comprehensive Resource Guide for Youth Workers & Facilitators

01. INTRODUCTION & PHILOSOPHY

Communication is the most vital human skill, yet we often practice it "on autopilot." We record WhatsApp audios multiple times because we fear being misunderstood. This toolkit, born from the **Erasmus+ Granada 2025** project, uses **Theater Games** and **Applied Improvisation** to dismantle these fears in a non-judgmental environment.

THE "YES, AND..." PHILOSOPHY

The foundation of all exercises in this book is the rule of **Acceptance**. In communication, when we say "Yes" to someone's proposal, we acknowledge their reality. When we add "And," we contribute to the bridge between us. This mindset transforms conflict into co-creation.

02. THE SCIENCE OF THE MESSAGE

Effective communication is an architecture of three distinct layers. Understanding their weight is crucial for any practitioner:

THE 3 CODES (THE MEHRABIAN MODEL)

Studies suggest that the impact of a message is divided as follows:

- **7% VERBAL:** The actual words. Clarity over complexity.
- **38% PARAVERBAL:** Tone, pitch, rhythm, and volume. The "music" of the voice.
- **55% NON-VERBAL:** Body language, gestures, and presence. What we show.

Note: These percentages vary depending on context, but the lesson is clear: your body and voice speak louder than your dictionary.

OVERCOMING BARRIERS

Communication often fails due to "noise." This toolkit targets:

- **Psychological Barriers:** Fear of judgment or "getting it wrong."
- **Linguistic Barriers:** Jargon, slang, or language gaps (crucial in Erasmus+).
- **Physical Barriers:** Poor use of space or lack of eye contact.

03. THE RESOURCE BANK: EXERCISES

1. WALK, RUN, STOP

GROUP AWARENESS

Goal: Develop group intuition and collective decision-making.

Procedure:

1. The group walks freely. Facilitator shouts "Walk", "Run", or "Stop".
2. The facilitator stops shouting. Now, if ONE person stops, everyone must stop. If ONE starts, everyone starts.
3. The group must move as a single organism without talking or making eye contact.

Trainer's Tip: Watch for the "Critical Moments"—those seconds of silence where someone wants to move but hesitates. Encourage them to trust their impulse.

2. THE ECHO RETURN

ACTIVE LISTENING

Goal: Practice listening to understand, not just to respond.

Procedure:

1. In pairs, Partner A speaks for 1 minute about a personal story.
2. Partner B must summarize the story in exactly 15 seconds.
3. Partner A gives feedback: "I felt heard" or "You missed the core." Swap roles.

Trainer's Tip: This highlights how much information we lose when we are busy thinking about what we will say next.

Goal: Communicate through tone and body when words fail.

Procedure:

1. One participant speaks in a "Gibberish" (made-up) language with high emotional intensity.
2. A second participant translates the "meaning" into English based ONLY on the speaker's tone and gestures.

Trainer's Tip: This demonstrates that we can understand intentions even when we don't speak the same language.

04. FACILITATOR'S GUIDE

To lead these dynamics effectively, follow the **Granada Principles**:

- **Be Involved:** Don't just give orders. If you ask them to be silly, you must be the silliest person in the room first.
- **The Safe Space:** Remind participants that "The stage is a laboratory." There are no mistakes, only data.
- **Wait for the Idea:** Don't rush the silence. Creative breakthroughs often happen just after a moment of awkwardness.
- **Ritualize:** Use a closing gesture or a "word-key" to end sessions. It helps ground the learning.