

# SPEED LEADERS

## WHAT TO SAY

### Skill to Introduce – Healthy Relationships

It's important to listen actively, demonstrate interest, maintain eye contact, be reflective, ask questions, express enthusiasm. Communication is critical to building healthy and satisfying relationships. The OARS acronym can be helpful in active listening.

Try to remember OARS:

O = Open-ended questions

A = Affirmations

R = Reflections

S = Summary

Requires Resources? No  
Grade Level: 6-8; 9-12  
Indoor/Outdoor: Indoor  
Group Size: 6+

## WHAT TO DO

▶ Speed Leaders takes the form of “speed dating” where players sit in two lines, across from each other, and spend 1-2 min in pairs.

▶ The goal is for youth to “interview” one another – find out as much information as they can. This can include their hobbies; friends; favorite books, movies, artists, music and food; etc.

▶ When time's up, one line shifts to give everyone a new partner. Repeat interviews.

▶ Once everyone has paired, form 2 teams (representing  $\frac{1}{2}$  of line 1 and  $\frac{1}{2}$  of line 2). Then present a series of questions in contest form (e.g., What is NAME's favorite book? Movie? Musician? Artist? School subject? Hobby? Sport? Who is NAME's best friend? Where would NAME like to visit in the world? If NAME could meet anyone, who would it be?). Teams buzz in to answer. Each correct answer earns a point. The team with the most points at the end wins.

**Variations:** #1 Change the nature of the questions/content; #2 One line of “adults” can identify with dress-up clothes or signs hanging like a necklace: doctor, cop, teacher, principal, coach, parent, friend's parent, etc.).

## WHAT TO ASK

▶ What strategies helped you learn the most during the paired interviews?

▶ What did it look like (nonverbally) when your partner was listening actively?

▶ What did it look like when your partner was interested and engaged?

▶ What did it look like when your partner was disinterested or not listening? How did that make you feel?

▶ What kinds of interactions during a game like this would make you want to spend more time with someone? Become friends?

▶ How would these conversations look different if you were talking to a family member? Classmate? Friend? Teacher? Coach?

▶ What would lead you to distance yourself from someone?

▶ Why is communication important to friendships and relationships?

▶ How would you describe a good communicator? What do their words and tone sound like? How do they communicate nonverbally?

## COMMUNICATION