

# BODY DICTION EXPRESSIONS AND RESOLUTIONS

## Micro-aggressions

### Decoding Communication Presentation

**ASSIGNMENT INFORMATION** Create a scene. It can be in any location and you decide who is involved in the conversation. The main focus is on the form of communication (verbal and nonverbal) conflict, response and commentary on the event.

You have the **choice between creating either**

1. a skit,
2. a video,
3. a cartoon
4. a detailed comic.

**\*length or timing of the assignments to be determined**

**Group Size:** 2-4 people.

**SKIT:** Write the script, memorize it and then act it out in front of the class. Provide a commentary on the events after the presentation.

**VIDEO:** Write a script, memorize it, act it out, film it, and add the commentary on video.

**COMIC:** Create a comic. **This presentation should only be chosen if the person has an interest and aptitude in art.**

**COMIC BOOK TEMPLATES:** **THE TEMPLATES FROM THESE SITES CAN BE USED BUT THERE ARE MANY OTHER CHOICES.**

- [LARGE & SMALL COMIC BOOK TEMPLATES](#)
- [TEMPLATE PAGES FOR COMIC BOOKS](#)

**CARTOON:** There are many apps and programs that guide the user through creating a comic. Many of them cost and there is a wide range in cost. However if there is access to a program and ease of use, this too can be an option. The cartoon program being used should be able to express body language and facial expressions since the assignment is based on verbal and non-verbal cues.

**PRESENTATION:** **THERE ARE 4 COMPONENTS THAT NEED TO BE INCLUDED IN THE PRESENTATION.**

**THE EVENT:**

1. Create a scene or conversation where micro-expressions or micro-aggressions are apparent.

2. The bodily expression can speak for itself nonverbally or contradict what is being said verbally.

**THE RESPONSE:**

In a situation or conversation loaded with micro-expressions and micro-aggressions there are several different types of possible responses. Here are just a few suggestions. You can choose one or more of these or other responses that are not included here.

- Firmly confront the person about their behavior.
- Calmly address the person about their behavior.
- Question the person about what is being perceived.
- Clarify what is being communicated.

**THE OUTCOME:** Remember, one of the key components to effective communication is for the person to feel as though their viewpoint is being heard and seriously considered.

As you create your presentation keep the resolution or outcome in focus. This serves to inspire, encourage or warn.

Consider the various possible outcomes. Following are a few.

- 1 **Relationship:** Building a bridge of truth, trust and open communication is the best possible outcome.
- 2 **Cordial Acquaintance:** Building a bridge of understanding and mutual respect of tolerance.
- 3 **Vigilant avoidance:** Self-preservation and protection is the next best outcome.

**COMMENTARY:**

- The commentary should contain a review of the basic conversation and the conflicting body language and/or facial expressions.
- There should be an explanation on the chosen response(s).
- Close with an explanation on the outcome from the scene and how similar situations might be handled.