

Marshmallow Communication Activity

This lighthearted activity is a humorous way to show how communication breaks down when our usual tools — like clear speech — are taken away. It's ideal for energizing participants during longer sessions while also illustrating how hard it is to communicate clearly under pressure or when physical barriers are present.

Purpose

To highlight how miscommunication can occur when clarity is compromised and how important listening, patience, and adaptability are in communication.

What You'll Need

- A bag of marshmallows (large size works best)
- Small notepaper and pencil
- Timer (optional)
- Trash bin or napkins for cleanup

How to Run the Activity

1. Place students in pairs
2. Student #1 will place 2 marshmallows in their mouth and Student #2 will ask the following questions.
 - ⇒ What is your favorite color and why - Have the student asking the questions to notate the answers they heard.
 - ⇒ What subject do you like in school? - Have the student asking the questions to notate the answers they heard.
3. Now switch students so they both get the opportunity to play.

****They must not chew or swallow them****

4. If needed, let them add one more marshmallow to increase difficulty.

Debrief & Discussion

- What made it difficult to understand the speaker?
- How did the speaker try to get the message across?
- What does this say about how we normally communicate with others?
- How do barriers (physical, emotional, cultural) affect our ability to connect?