

Session 7 – “Communication” – 1

Activity 1, Part 1 – “Roadblocks to Effective Communications Worksheet”

Roadblocks	Definitions	Examples
Judging	Making a judgment	You should... You ought to ...
Rejecting	Giving no support	It's your problem, not mine.
Blaming/Criticizing	Placing fault on the other person	It's your fault.
Labeling	Calling names or words that are negative	Only a dummy would do it that way.
Transferring	Not listening and jumping in with one's own problems	Let me tell you what happened to me.
Ordering	Giving solutions with no choices	You must do this now.
Threatening/Bribing	Using threats or bribes to try to make someone do something	If you don't do what I want... If you do what want, I'll do this for you...
Waffling	Not being clear and consistent in setting limits	Well maybe... We'll see... I'll think about it...
Nagging	Persistently repeating orders or requests	I've told you a thousand times... How many times do I have to ask you to ...

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Activity 1, Part 2 – “Building Blocks to Effective Communications Worksheet”

Building Blocks	Definitions	Examples
Listening	Focusing on the present; not bringing up past problems or mistakes; creating safety to express anything	I feel that right now you need me to just listen to you.
Praising	Recognizing efforts rather than products or end results	You worked so long and so hard on the project.
Feeling	Sharing feelings such as anger, joy, and frustrating; using I statements	I feel... I’m so angry when you... I love you.
Respecting	Letting others make decisions; avoiding judging and advising; trying to help him/her make his/her own decisions	It’s your choice. What can I do to help you?
Active Listening	Identifying the feeling as well as the content and asking the person to confirm it	It sounds like you were very frustrated by the class change. Is that right?
Trusting	Being consistent; asking for input and understanding that children need to learn in their own way even if they make mistakes	I know you will be thoughtful and responsible.
Affirming	Finding the positive to express	You are so competent. You make me happy when you...
Clarifying	Asking for more information when unsure	Could you tell me more about your fight with your friend?

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Activity 2 – “Communication Skills Practice”

Communication skills are important in many different settings. Enhancing your skills could benefit you at home, school and work. Have you ever needed to ask your parent or guardian an important question and not known how to ask? Have you ever wanted to communicate something serious to one of your best friends and felt like you didn't know how to go about it? Have you ever needed to get an important point across to your teacher or boss and felt ineffective? Well let's practice! Listed below are some situations and a communication skill you need to execute.

Situation: You have been chosen to help the new student.

Skill: Introducing yourself

Situation: You spot one of your former elementary school teachers in Walmart. You are so excited. She was your favorite teacher.

Skill: Beginning a conversation with an adult.

Situation: You're having a birthday party! You forgot to send a good friend an invitation. But you'd really like them to be there.

Skill: Inviting someone to a get together.

Situation: You've just opened the most perfect birthday gift from your parent/guardian.

Skill: Expressing thanks

Situation: You've just learned that your best friend's grandmother passed away.

Skill: Expressing sympathy

Situation: One of your friends is wearing a new leather jacket. You really like the coat.

Skill: Giving a compliment

Situation: You just got a new pair of sneakers over the weekend. One of the students compliments you in the lunch line.

Skill: Receiving a compliment

Situation: You mistakenly accused your younger sister or brother of losing your favorite game cartridge. A week later you find the game cartridge in one of your desk drawers right where you hid it for safe keeping.

Skill: Making an apology

Situation: There is a really rude student in your PE elective class. This student makes a wise crack every time they see you.

Skill: Ignoring someone who is rude.

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Activity 3 – “Effective Communication”

1. Claire Huxtable – “The Cosby Show”

Do you feel she is a positive communicator or a negative communicator?

Explain why.

2. Martin Payne – “Martin”

Do you feel he is a positive communicator or a negative communicator?

Explain why.

3. Choose a television or movie character who you feel is a positive communicator.

Explain why.

4. Choose a television or movie character who you feel is a negative communicator.

Explain why.

5. Your Name _____

Do you feel you are a positive communicator or a negative communicator?

Explain why.