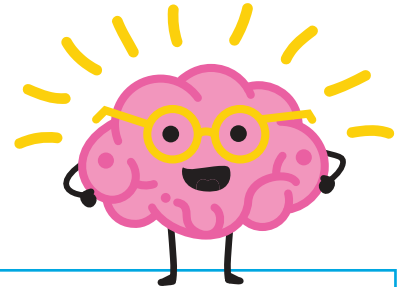


About Communication - Level 1

Activity Handout



Video Viewing Guide

Do Now: Write 1-2 sentences in the box below in response to the question-
What good communication skills do you already have?
What are areas in which you can improve?

Fill In The Blank

1. Active listening means maintaining good _____. This shows others that you are being a good listener and it gives you the opportunity to read their _____ and _____.
2. Being assertive means saying what you want, need, or how you feel in a _____ but _____.
3. Being a good communicator is knowing that people's _____ and _____ may make you feel a certain way, but they may not necessarily be trying to make you feel that way.

Stop and Think...

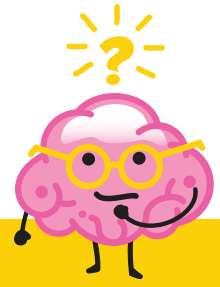
CFU #1 - What does "active listening" look like to you? Include 2-3 examples.

Stop and Think...

CFU #2 - Why is it important to be assertive when communicating with others?

Write About It Prompt

Directions: Write 5-10 sentences in response to the following question.
Use the box at the bottom to draw out your thoughts.



What are the 3 main steps to communication? Provide at least one example for each step.

Activity #1 - Independent Practice

Write a conversation that displays good communication skills. (*Topics could include: talking with your teacher about a low grade, telling a friend you do not want to hang out with them, talking to a parent about your chores, etc.*)

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Activity #2 - Group Activity

In the video they discussed Active Listening vs. Selective Listening and Assertive Communication vs. Aggressive/Passive Communication.

Fill out the chart below as a class to identify examples of each:

Active Listening Examples:	Passive Listening Examples:
1.	1.
2.	2.
Assertive Communication Example:	Aggressive/Passive Communication Example: (1 of each)
1.	1.
2.	2.

.....

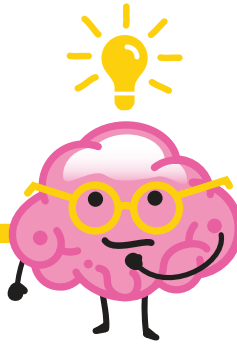
Activity #3 - Extended Learning

Now that you have identified examples of active listening and assertive communication as a class, work with a partner to practice these skills.

With your partner, select from the topics below and have a 2-3 minute conversation using active listening and assertive communication.

Topics:

1. I lost a game in PE that I think I should have won.
2. I am confused and cannot finish my math work.
3. My parent(s) thinks that I did not do my chores, but I did.
4. I want to play video games, but my friend wants to play outside



Brain Quiz

.....

1. Which is NOT a step in good communication skills?
 - A. Active Listening
 - B. Aggressive Communication
 - C. Keep an Open Mind
 - D. All of the above are steps to good communication skills.

2. **True or False:** Assertive Communication means that I yell so others can hear me.

3. Body language includes all the following except:
 - A. Eye contact
 - B. Word Choice
 - C. Facial Expressions
 - D. Posture

4. Choose the answer that best describes importance of "I statements"
 - A. To demonstrate active listening
 - B. To keep an open mind
 - C. To show assertive communication effectively

