

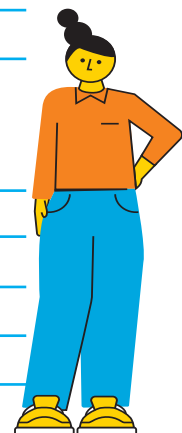
About Communication - Level 2

Student Activity Guide

Think About It:

1. What makes someone a good communicator? Is it a skill you can grow?

2. What does it mean to be an active listener? Why do you think it can be hard at times?



Brain Quiz!

1. Adults usually use their _____ to determine the body language and facial expressions of others, while teens use their _____.

- a. Brain Stem, Frontal Lobe
- b. Amygdala, Pituitary Gland
- c. Amygdala, Brain Stem
- d. Frontal Lobe, Amygdala

2. A communication style that uses manipulation, guilt or hurt, and/or intimidation or control is called _____.

3. Active Listening involves all of the following EXCEPT:

- a. Maintaining an open mind.
- b. Offering Good Eye Contact
- c. Paying Attention to only the things we want to hear
- d. Listening for content, intent, and feelings

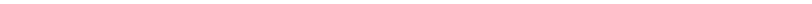
4. All of the following are blocks to being a good listener EXCEPT:

- a. Daydreaming
- b. Judging
- c. Rehearsing
- d. Looking at the speaker

5. Assertive communication involves all of the following EXCEPT:

- a. Clearly expressing needs
- b. Standing up for rights
- c. Using manipulation
- d. Seeking win-win solutions
- e. Achieving good, respectful connections with others





Brainstorm situations in which you may need to use an I-statement to express your feelings. Write an I-statement according to the scenario, then rehearse the I- statement with your partner.



Activity #2 Write About It:

Journal: Write about a time when bad communication by you or another person caused hurt feelings. What could you have done differently?



Activity #2 Topics We Care About:

In groups of 3-5 students write and record a rap, poem, jingle, or public service announcement about a topic that you care about and want to communicate to others.



