

relationships the Communication Challenge

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Preparing to Communicate:

Communication: Being Heard & Hearing	1-3
<i>(10 to 15 minute activity)</i> Introduces steps of communication and outline of curriculum.	
How We Learn to Socialize with People	4-5
<i>(10 to 15 minute activity)</i> Introduces sociology theories of self image.	
How do You Prepare to Communicate?	6-7
<i>(10 to 15 minute activity)</i> Useful as introduction or getting to know each other activity. Evaluates how behavior and dress differ by social situations.	
Who Taught You the Communication Rules?	8-9
<i>(10 plus minutes depending on group)</i> Useful as an introduction or getting to know each other activity.	
What Do You Want to Communicate?	10-11
<i>(5 minute activity)</i> Introduces levels of communication.	
Using Levels of Communication	12-13
<i>(10 to 15 minute activity)</i> Students write sentences from each level of communication.	
Experience Communicating	14-15
<i>(5 to 10 minute activity)</i> Demonstrates the parts of communication with beanbag toss.	
Preparing to Communicate Quiz	16-17

Listening:

Passive Listening - or Communicating Without Speaking	18-19
<i>(15 minute reading with questions)</i> Information and questions.	
Active Listening: What does one say?	20-21
<i>(10 minute reading with matching activity)</i> Defines active listening techniques. Matching phrases to correct listening techniques.	
Reflective Listening Role Play	22-23
<i>(15 to 20 minute role play)</i> Students experience or observe reflective listening.	
Active Listening - Clarifying Exercise: Guess What is in the Box	24-25
<i>(5 minute exercise with 5 to 10 minute discussion)</i> Experience and observe activity using clarifying techniques.	
Active Listening - Clarifying Exercise: Make the Shape	26-29
<i>(5 minute exercise with 5 to 10 minute discussion)</i> Experience and observe putting a puzzle together with and without questions.	
Active Listening: Summarizing Activity	30-31
<i>(10 minute each role play with 5 minute discussion)</i> Experience and observe differences in communication when information is summarized.	
Listening Quiz	32-33

Body Language:

Body Language: Introduction	34-35
<i>(5 to 10 minutes matching and discussion)</i> Matching activity to check awareness of what body language is.	
Body Language by Culture	36-37
<i>(5 to 10 minute matching and discussion)</i> Matching activity to show body language differences between cultures.	
Watching Body Language	38
<i>(15 to 20 minute exercise watching a video clip)</i> Observe body language in video with and without sound to check accuracy of interpretations.	
Sculpting Body Language	39-40
<i>(20 minute clay art project)</i> Experience how body language expresses emotions using play dough.	
Body Language Quiz	41

Gaining Attention:

Gaining the Listeners Attention	42-43
<i>(10 minute review and self evaluation)</i>	
Evaluate what things distract people from listening.	
Gaining Attention.....	44-45
<i>(20 to 25 minute discussion)</i>	
Brainstorm mechanical, visual and verbal ways to gain someone's attention.	
Gaining Attention Quiz.....	46

Declaring the Message:

Share a Story with Friends	47-48
<i>(15 to 20 minute telephone activity)</i>	
Repeat a story to consecutive people.	
Class evaluates reasons for distortions.	
What is a Complete Message?.....	49-50
<i>(25 to 30 minute role play)</i>	
Compose complete messages and practice saying them.	
Olympic judging of messages. Committee rates effectiveness.	
Use Phrasing to Introduce the Message	51-52
<i>(5 to 10 minute opener)</i>	
Hear messages using introductory phrasing.	
Putting Phrasing & Messages Together	53-54
<i>(5 to 10 minute opener and practice)</i>	
Practice writing a complete message using introductory phrases.	
Speech Patterns that Create Feelings	55-56
<i>(25 to 30 minute defined role play)</i>	
Role play feelings using different phrasing instructions	
and evaluate feelings created.	
Declaring the Message Quiz.....	57-58

Assertive Communication:

Communicating What is Best for You.....	59-60
<i>(10 to 15 minutes)</i>	
Introduction to and application of assertive communication. Connecting consequences to assertive, passive or aggressive responses.	
Keeping Friends & Saying “No”	61-62
<i>(5 to 10 minute opener)</i>	
Assertive skills. Define and match refusal techniques with examples.	
Situations to Use Assertive Skills	63-64
<i>(10 to 15 minutes)</i>	
Situations to practice. Refusal technique writing exercise.	
Role Play to Practice Saying “No” Assertively	65-66
<i>(15 - 25 minutes)</i>	
Role play various situations and judge alternatives of techniques.	
Assertive Communication Quiz	67

Communication Poster & Key

Create a Communication Poster.....	68
<i>(30 to 45 minute creative art activity)</i>	
Summary activity to conclude unit or sections of unit.	
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