

October: WEEK TWO



POSITIVE COMMUNICATION

THE AGENDA:

Discuss: What are the different communication styles? What is the difference between Passive, Aggressive, and Assertive Style? Describe a recent argument you got into—which communication style were you using?

- ◇ Role-play various conflict scenarios (eg. teacher accuses you of cheating, someone budes in front of you in line) using each of the communication styles. Which was most effective?
- ◇ 'The Art of Listening' Worksheet
- ◇ Construct a 'telephone' with a string and 2 cups
- ◇ Practice trust activities like leading each other around the schoolyard or a simple obstacle course while one of you wears a blindfold



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- ◇ What makes you thankful? Make a Thanksgiving craft

The ART of Listening:

The three main keys to good listening are described below. Read about them carefully, then practice with your partner.

A - Attend to the speaker. Make the speaker the center of your attention. Nod, or lean toward the speaker. Maintain a comfortable eye contact. Be sure not to read or look around the room while the speaker is talking.

R - Recognize the speaker's point of view. Put yourself in the speaker's shoes, and try to see the situation from his or her point of view. Do not interrupt to tell your own stories, give your opinion, or offer unasked for advice. Listen for what is being said and also for how it is being said. Check to make sure that you understand the speaker's message.

T - Take time to ask and comment. Without interrupting, encourage the speaker to tell you more by asking why, where, or how something happened. For example: "What else did you try?" Offer comments such as "I bet you'll have a great time!" or "That's too bad!" Ask the speaker for additional opinions, thoughts, and feelings to make sure you understand what he or she is saying.

Circle the things you did during this session. Underline the ones you still need to work on.

I ignored distractions and focused on the speaker.

I used a comfortable level of eye contact.

I showed I was listening by these actions.

I didn't interrupt.

I showed respect for my partners' opinions by these actions.

I asked for more information, opinions and feelings.

I shared the speaking time with my partners.

* "A man has two ears and one mouth that he hear much and speak little." *
German Proverb