

Communication Skills Activity Guide Grade 6-12

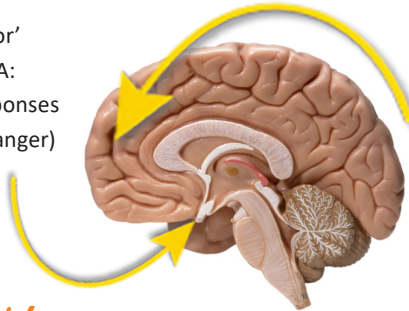


Know Your Neuro

'The Reactor'

AMYGDALA:

Emotional Responses
(fear, anxiety, anger)



'The Thinker'

FRONTAL LOBE:

Impulse Control &
Rational Thinking

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

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3) 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. Matching our Nonverbal and Verbal Communication

4) Sarcasm is an example of _____ communication.

- A. Passive aggressive-aggressive
- B. Passive aggressive-passive
- C. Assertive communication
- D. Passive communication

5) Assertive communication involves all of the following EXCEPT:

- A. Clearly expressing needs
- B. Standing up for rights
- C. Using sarcasm
- D. Seeking win-win solutions
- E. Achieving good, respectful connections with others

Long-Term Learning

Activity #1

Divide students into pairs. Ask students to take turns telling a short story (5 minutes). After the story has been told, instruct the story teller to give the listener feedback on well they actively listened according to the criteria below:

- 1) Paying attention
- 2) Maintaining good eye contact
- 3) Matching body language to the story teller
- 4) Facing the story teller
- 5) Asking questions
- 6) Letting the story teller know that you are listening, interested, and heard the story

Activity #2

In groups of 3-5 students. Brainstorm situations in which you could use a communication clearing. As a group, pick a scenario and create a skit in which a communication clearing is used to articulate feelings, needs, and wants. Use the prompts below in your skit.

"When you . . . I feel . . . The story that I make up is . . . I would like you to . . ."

- Withdrawing or giving the 'silent treatment'.
- Gossiping or talking behind someone's back.
- Being stubborn or blaming others.
- Pretending to be cooperative but subconsciously undermining.

Activity #3

Write down a situation in which you need to have a communication clearing with a family member, friend, or teacher. Use the prompts below to write your clearing. Assertive communication requires skill and courage. Practice the skill of using the clearing model in the mirror then find the courage to communicate clearly and respectfully with the family member, friend, or teacher using the model.

"When you . . . I feel . . . The story that I make up is . . . I would like you to . . ."