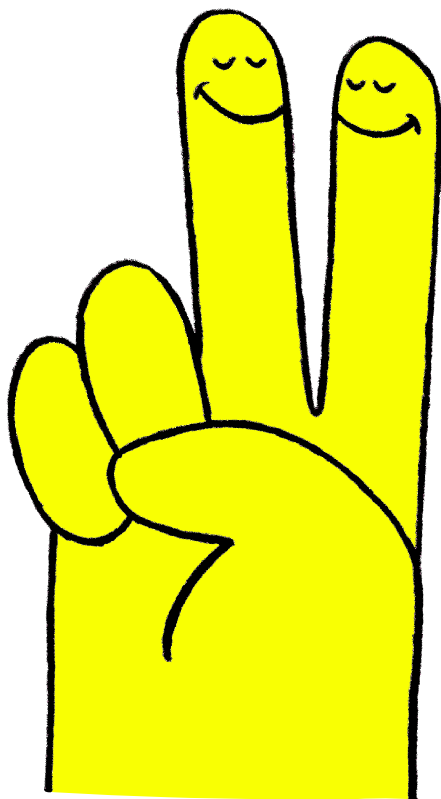


Understanding Healthy Communication

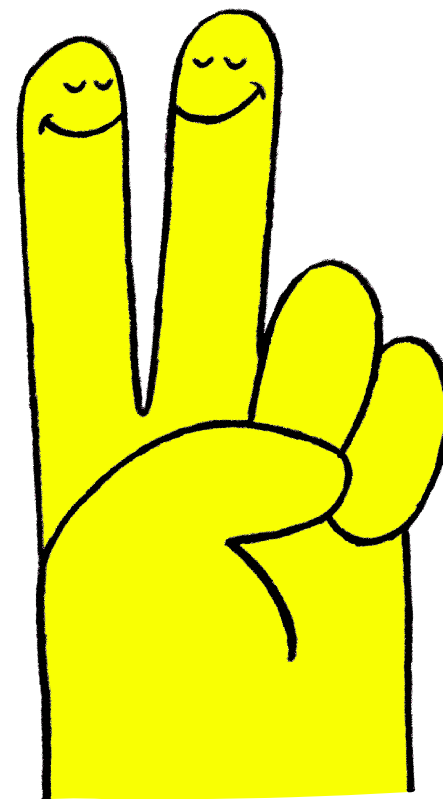
"Treat people the way you want to be treated. Talk to people the way you want to be talked to. Respect is earned, not given."

-Hussein Nishah



Discussion Questions

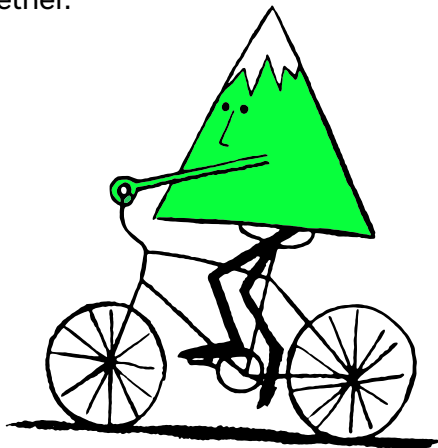
1. How do we show people that we are listening to them?
2. How does it feel when we are not being listened to or understood? What feelings do you notice in your body?
3. Why is it important and healthy to talk with people in a respectful way? Can you think of an example of a respectful way to communicate with someone?



Understanding Healthy Communication

Take Action

- Make a body map of a good listener. You can do this together as a class by tracing a body onto a piece of chart paper, or on your own by drawing a body on a piece of paper.
- What does a good listener look like? What are they doing with their eyes, ears and mouth? Do they move their body? What are they thinking about?
- Together as a class, make a chart of good listening habits and good speaking habits.
- Take turns telling a story to a partner (you can do a show and tell, or use the questions listed in the Ideas for Storytelling). Practice using some of the skills you brainstormed together.



Ideas for Storytelling

If you could travel anywhere in the world, where would you go and why?

Tell me about your favourite thing to do in the summer

Would you rather swim in a pool full of jello or a pool full of spaghetti? Why?

Who is someone special in your life? Why are they special to you?

Would you rather go swimming in the ocean or go for a helicopter ride through the mountains?