**Communication**:

Objective: Students will be able to understand ways in which people communicate and how healthy communication can be used

Definition: The expression of ideas, emotions, or thoughts to another person. Communication can be verbal, non-verbal and/or written. Verbal communication is using one’s words to express oneself; non-verbal includes facial expressions, body language, and hand signals to express oneself; and written communication uses writing, e-mails, or text messages to express oneself.

Video: <https://youtu.be/bYf3H70qldI> - Case Crusadors - I Messages

<https://youtu.be/8XUE3urz3Fc> - 4th graders explain how to be a good listener

Talking points:

* Why is communication important?
* What are examples of ways we communicate?
  + What does a smile communicate? What about a wave or a high five? What if I fold my arms and frown?
* What is *effective* communication, or communication that helps people understand what we are expressing? What is *ineffective* communication – or communication that doesn’t help people to understand?

Books that illustrate Communication: (\*Indicates this book can be found in Cassie’s Library)

* “My Mouth is a Volcano” by, Julia Cook\*

Activities:

* Activity 1 – Read the children’s story and talk about times the character did not communicate effectively, and times they did
* Activity 2 – Play the game “Hi, My Name Is…” for grades K-2 (students meet as many people as they can and tell each other one thing about themselves – have students repeat something they learned about one other student) or “Clones” for students 3-5 .
  + In Clones, students introduce themselves to another student and then switch “identities” with the person they talked to
  + Example: **Student A**: “Hi, my name is **A** and I like Monsters.”

**Student B:** “Hi, my name is **B**  and I like Cats.”

Student A and Student B now switch roles when they meet another student

**Student C** (To student A)**:** “Hi my name is **C** and I like soccer.”

**Student A:** “Hi my name is **B** and I like Cats.”

Student C would now introduce themself to the next person as B and Student A would now introduce themself to the next person as C.

* + The game continues for a few moments until students have had a chance to talk to 3-5 students. Students return to their seats and introduce themselves as the last student they spoke to. It’s okay to if students forget or say the wrong thing – that’s part of communication!
  + Debrief what the challenges in communication were, and what happened when we couldn’t hear or remember what was said.
* Activity 3 – Silent Ball – students must pass a ball to each other with complete silence. Talk about non-verbal communication and eye contact.