Talkabout for Teenagers Developing Social and Emotional Communication Skills 2nd edition Kelly Solutions Manual

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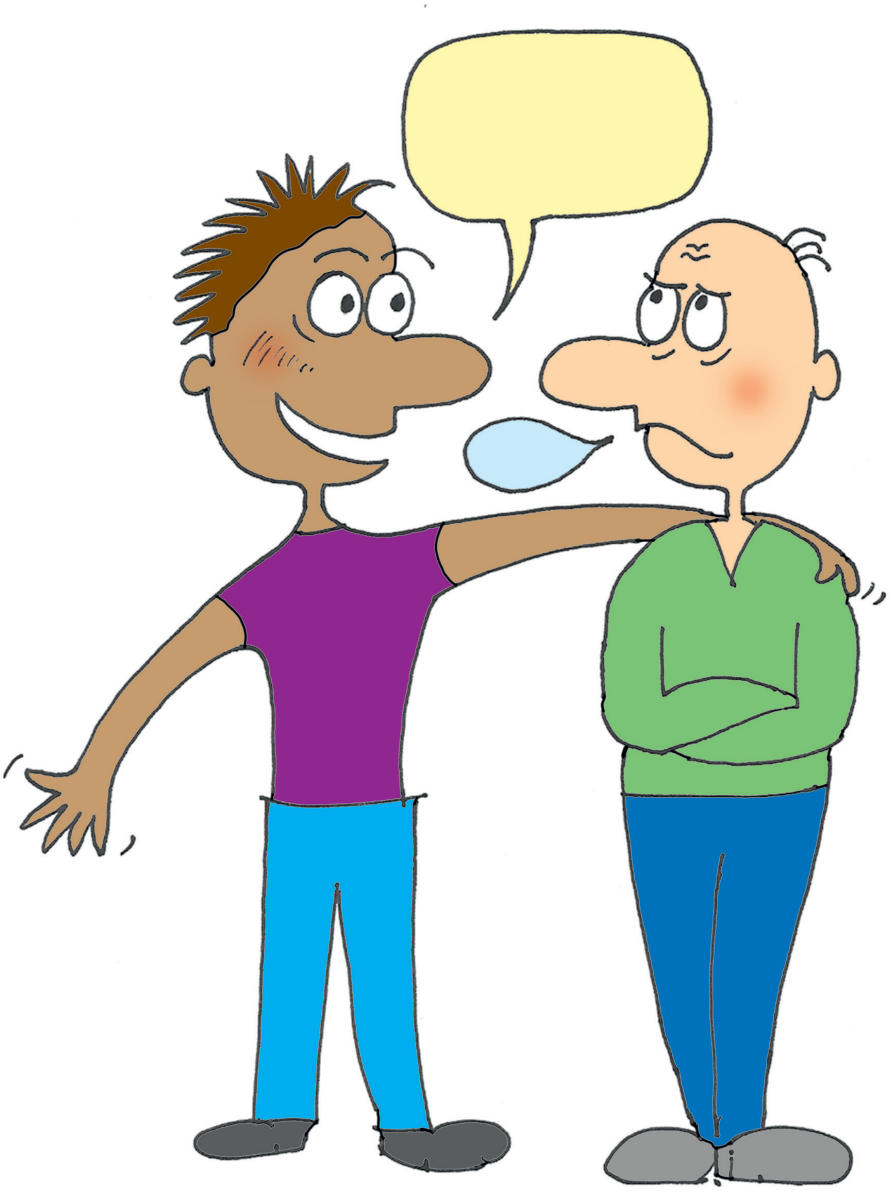
Worksheet 1:

How do we communicate?

Name ..... **Date** .....

Instructions

Look at the picture below. Try and identify the different ways in which the two people are communicating. Once you have done this add some labels to the picture describing the different ways they are communicating.



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Handout 1:

How do we communicate?

Name ..... **Date** .....



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Handout 2: Communication… some interesting facts

Name ..... **Date** .....

Did you know?



Only 7% of our communication is to do with the words we use!



38% of our communication is the way we say things, for example, the volume we use, and how clearly we speak.



…and 55% of our communication is our body language.



People form impressions of others in the first 7 seconds of meeting them! This impression is based on their non-verbal behaviour. That means their body language and their personal appearance. So it is not what you say, but what your body language is saying that counts!

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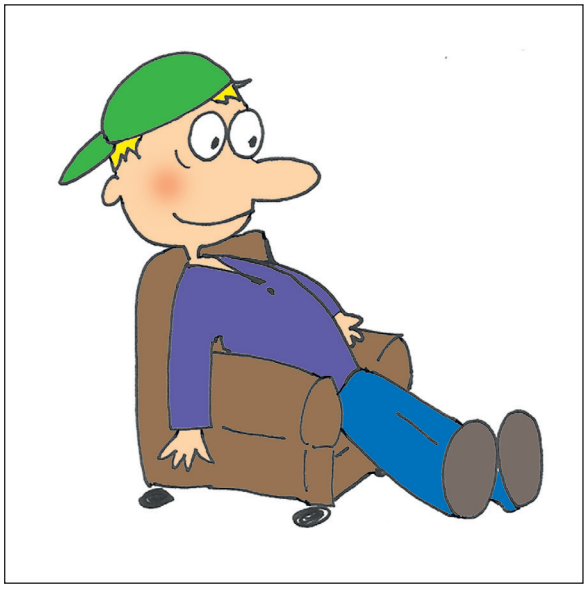
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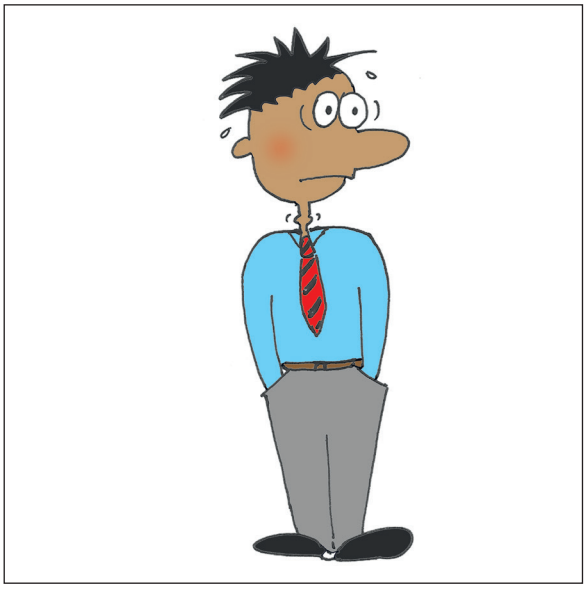
Activity 1:

Initial impressions

Instructions

Look at the following pictures and try and answer the following: What kind of person are they and how do you think they are feeling? What is it about their body language that helped you answer these questions?









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Activity 2:

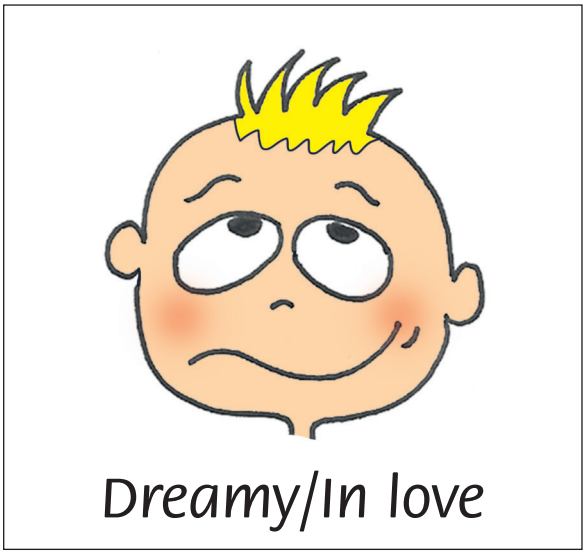
Guess what I'm saying

Instructions

Students take it in turns to pick a card from the pile. Another student then says something to them such as:

- *Something they did at the weekend*
- *A film they have seen recently*
- *Their favourite song*
- *Something they like about a student in the group*
- *A thing that makes them cross*
- *Something scary*
- *A recent news story*

The person holding the card needs to then mimic the facial expression on the card. The rest of the group can then try and guess what the facial expression is and if it is appropriate to the context of what was said.



Dreamy/In love



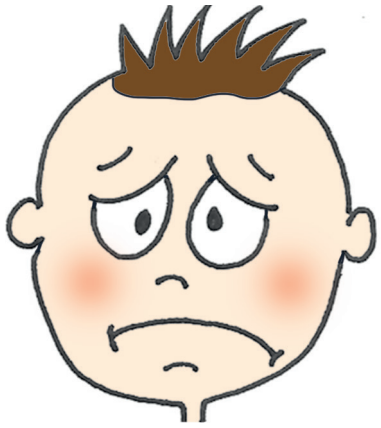
Surprised

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Activity 2:

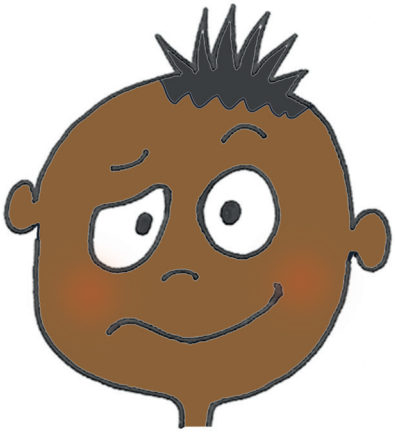
Guess what I'm saying Page 2



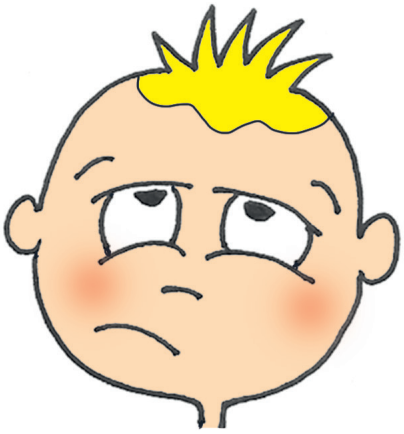
Worried



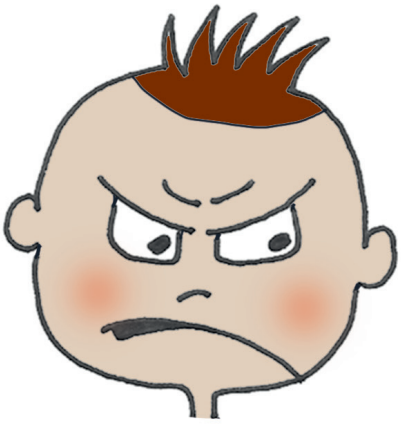
Sad



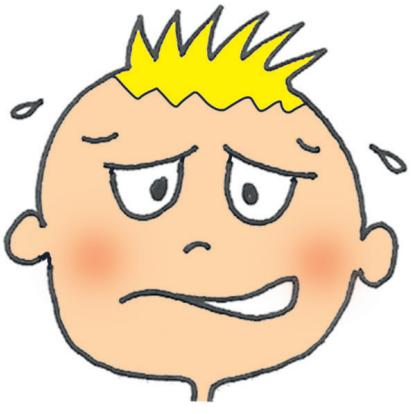
Thinking



Bored



Angry



Nervous

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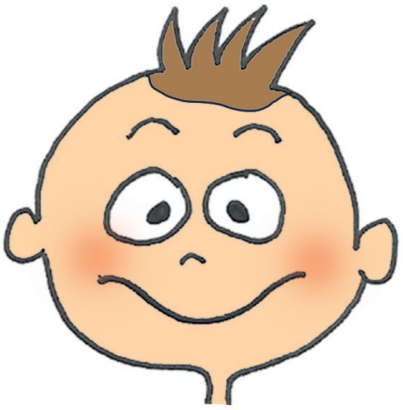
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Activity 2:

Guess what I'm saying Page 3



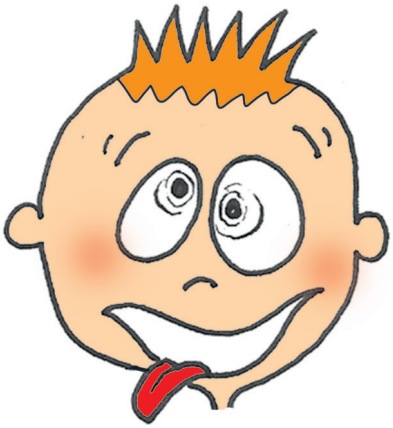
Scared



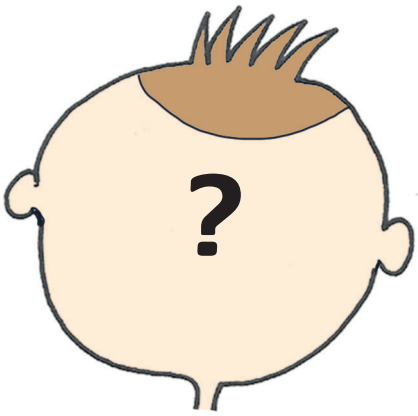
Happy



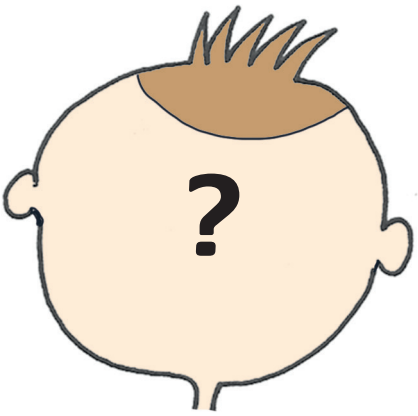
Ill



Crazy



You choose!



You choose!

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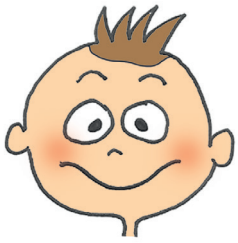
Handout 3:
My face

Name ..... **Date** .....

STEPS TO SUCCESSS



1. STOP and think! — *What are we talking about?*



2. Check my facial expression! — *Make sure my face is expressing what I am feeling and matches what I am saying.*



3. Check my eyes — *Make sure I look towards the person I am talking to, especially when I am listening to them!*

My thoughts…

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Activity 4:
Walk this way

Instructions

Students are instructed to spread around the room and alter their posture as instructed. They should then walk around and interact with other students in that posture. After each exercise, students should be encouraged to feedback to the group how each posture made them feel, and what other students looked like.

Posture 1:

Try to make yourself as tall as possible and take up as much space as possible. Raise your head up, open up your arms, stand tall, straighten back, shoulders down and back.



Look around and see what other students look like.
Describe how you feel.

Posture 2:

Try to make yourself small. Hunch your shoulders and bring your head down. Close or cross your arms and slouch forward. Bend your knees slightly



Look around and see what other students look like.
Describe how you feel.

Posture 3:

Imagine that you are feeling really tense. You might be nervous or worried or angry.



Look around and see what other students look like.
What has happened to our posture?

Posture 4:

Imagine that you are relaxed and happy.



Look around and see what other students look like.
What has happened to our posture?

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Worksheet 2:

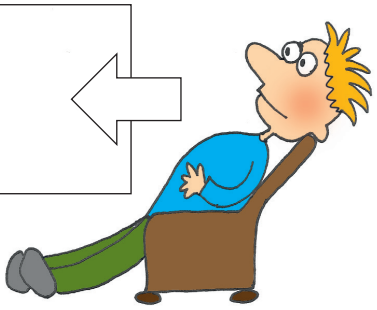
What is my body saying?

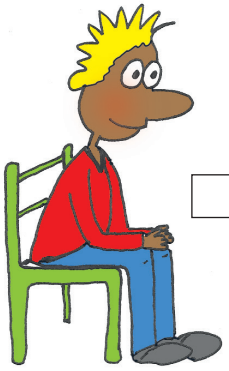
Name ..... **Date** .....

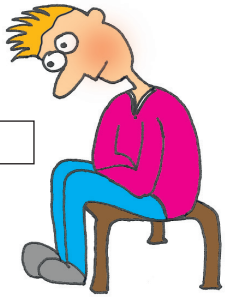
Instructions

Describe each posture in the boxes. What do they look like and how do you think they are feeling?











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Handout 4:

My posture

Name ..... **Date** .....

STEPS TO SUCCESSS



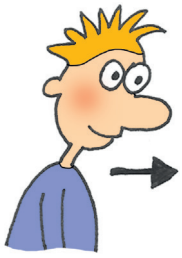
1. Be alert and upright!

Be careful not to slouch – this may say that I am not interested



2. Think about my feet

Keep them on the floor or cross my legs. Try not to swing them or move them around



3. Lean inwards

This can really show that I'm interested in what someone is saying



4. Head position

Keep my head upright or slightly to one side. This shows I am listening



5. Nod my head!

This will encourage people to talk to me and shows that I am listening

My thoughts…

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Activity 5:

Give us a hand

Instructions

Photocopy and cut out the following cards. Place them face down in the circle or in an envelope and ask the group to take it in turns to pick up a card and mime the statement on the card using gesture and body language only. The rest of the group have to try and guess what they are miming.

I'm feeling nervous	I have lost my keys
I have won the lottery	I went fishing and caught a huge fish
I went on a roller-coaster and now I feel sick	I had to run to catch the bus

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Activity 5:

Give us a hand Page 2

I went for a walk and got caught in the rain	I was playing video games all night and I can't stay awake
I was playing football and scored the winning goal	I have lost my cat, have you seen him?
I have eaten too much and now I feel ill	I watched a film that was really scary
Do you like my new top?, I'm really pleased with it	Be quiet, it's too noisy in here

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Activity 6:

Look, no hands!

Instructions

Photocopy and cut out the following cards. Place them face down in the circle or in an envelope and ask the group to take it in turns to pick up a card and describe the object or activity on the card. However, they must put their hands under their laps and use words only.

A spiral staircase	How to hold a snooker cue
The pyramids	Driving a car
How to play a guitar	The difference between a circle and a ball
What 15cm looks like	How to conduct an orchestra
Using a computer mouse	Making a cup of tea

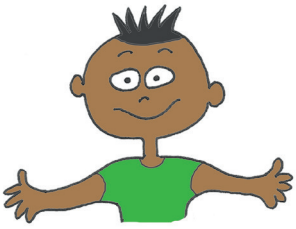
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Handout 5:
Gesture

Name ..... **Date** .....

STEPS TO SUCCESSS



1. Use gesture

Using gesture to back up what you are saying can make you seem more self-confident and interesting to listen to

DID YOU KNOW THAT…



2. Folding your arms

Folding your arms or wrapping your arms around yourself will make you look closed or defensive



3. Fidgeting

Fidgeting, putting your hands in your pockets, tapping surfaces or wringing you hands will make you appear tense



4. Touching your face

Touching your face or your neck will make you seem embarrassed or uncomfortable

My thoughts…

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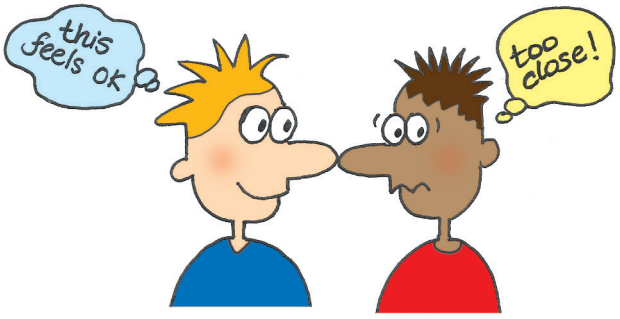
Activity 7:

That's a close one

Instructions

Split the students up into pairs and get the pairs to stand facing one another in two lines, about 3 metres apart and with their hands by their side. Instruct the pairs to start walking slowly towards their partner, and to stop when they feel that they are at a comfortable distance. Once everyone has stopped measure and note the distance between each pair, swap partners and repeat the exercises, again noting the distances.

Get the students to compare their findings, and discuss why there might be differences in the measurements.



Student 1	Student 2	Distance

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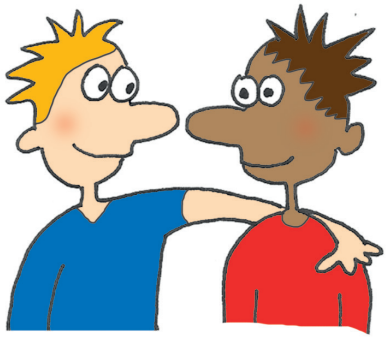
Worksheet 4:

Up close and personal

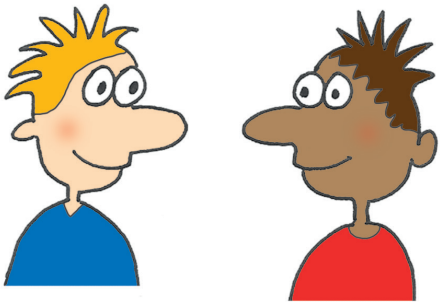
Name ..... **Date** .....

Instructions

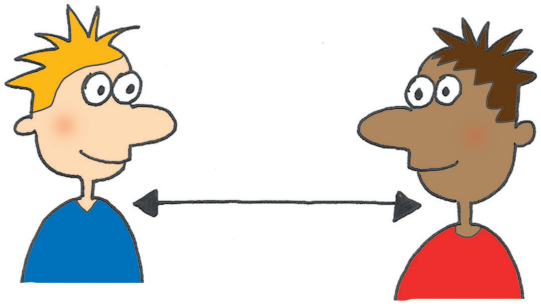
Think about the people in your life then decide how close you think it is appropriate to get to them. Divide them into the three categories below.



Very close



Quite close



Not very close

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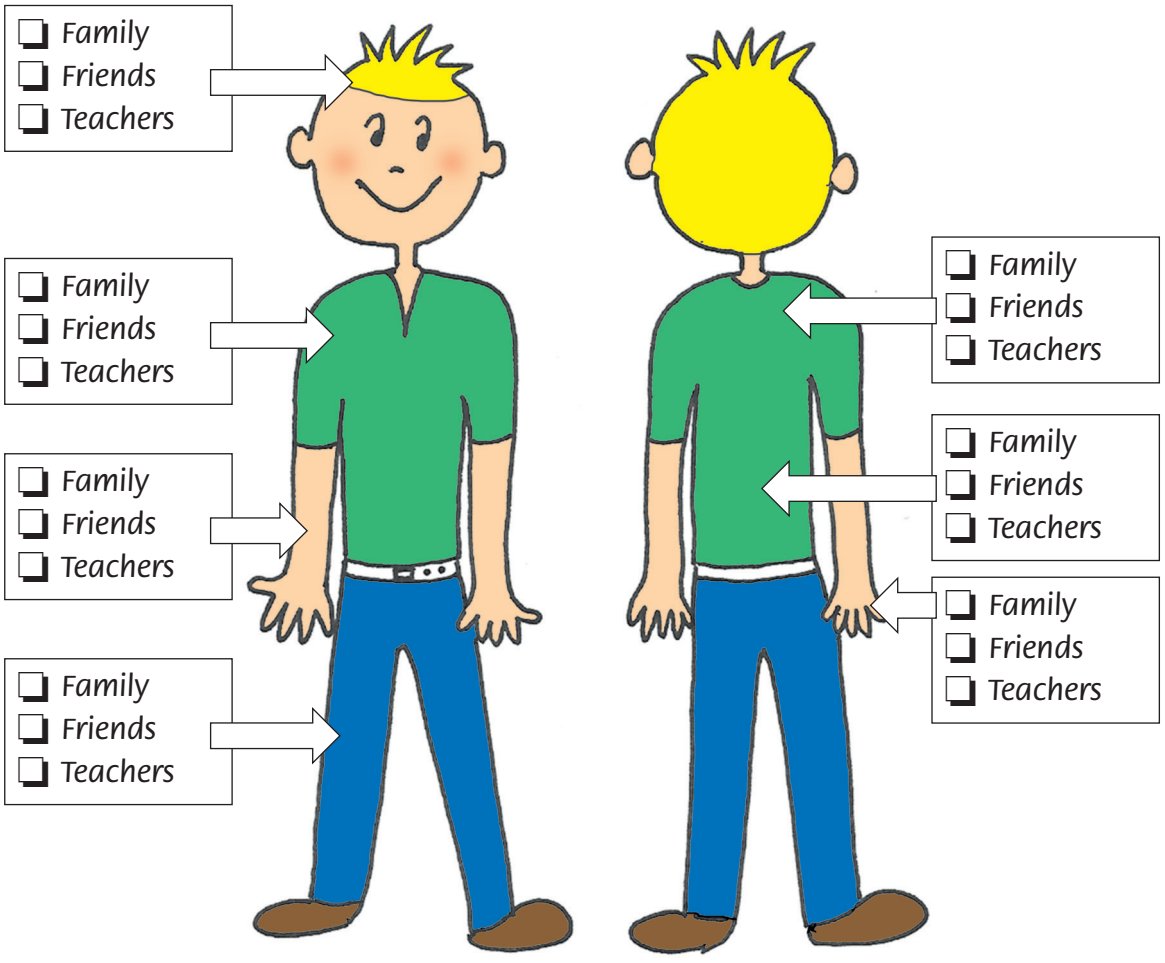
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Worksheet 5:
Touch

Name ..... **Date** .....

Instructions

Tick the boxes where you feel it is OK to be touched by these groups.



My thoughts…

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Worksheet 6:
Body language

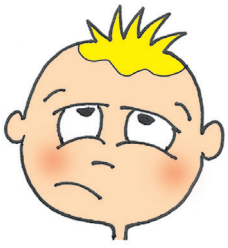
Name ..... **Date** .....

Instructions

Consider some of the things we have talked about in this section and summarise the key things you remember about…



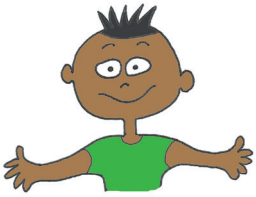
Body language…



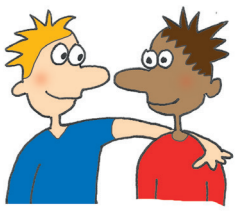
Facial expression and eye contact…



Posture…



Gesture…



Distance and touch…

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Worksheet 7:

Moving forward

Name ..... **Date** .....

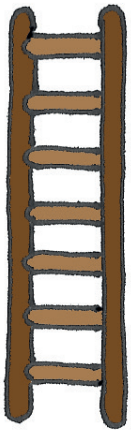
Instructions

Consider Worksheet 6. Think of one thing you have identified that you would like to change.



MY GOAL

I'd like to change…



MY STEPS TO SUCCESS

I could try…

1.

2.

3.

4.





How will I know I've succeeded?

People will notice that…

I will feel…

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