

Communication

This worksheet is a guide to promote discussion and thought about communication using Think-Feel-Be resources

Communication is something that all people do every day. There are many different types of communication including verbal (talking), body language, how we listen, and what we choose not to say!

Think of an example when you have had very good communication. Where was it and who was it with?

What do you think is important for good communication?

What helps a person to know that you are listening to him or her?

What do you think is a good way to start a conversation with a person?

In what situations do you find communication difficult? What could you do at these times to help make communicating easier?

What are some examples of calm body language that will help your communication?

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Choose 2 words from the Think-Feel-Be communication poster that you do well and think about what helps you do these things well.

Choose 2 words from the poster that you would like to improve in, and plan how you could improve in these areas.

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