

# Why communicate?

Worksheet for a small group or class activity



VisionWorks teaching programmes equip young people with the self-awareness and skills to make more positive choices about their learning.

Completely aligned with SEAL, our programmes are written by teachers for teachers and based on the same 5 key domains of Emotional Intelligence. Teaching students to recognise how their behaviour is driven by their emotions, we show them how to exercise the power of positive choice in that process.

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<b>It's OK Being Me</b>	emotional literacy for KS3
<b>Discovering Me</b>	emotional literacy for units outside mainstream education
<b>Insight Series</b>	short programmes for KS3

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## Why Communicate?

Students will need to sit with a partner.



The purpose of this session is to explore some ideas about good communication. How we communicate with others is fundamental to our success in all areas of our lives.

- Each of the following quotations has words missing. Look at the list of words underneath them and fill in the blanks so that the quotations make sense.

Two monologues do not make a \_\_\_\_\_ .

Anon

The genius of \_\_\_\_\_ is the ability to be both totally honest and totally kind at the same time.

John Powell

The most important thing in communication is \_\_\_\_\_ what isn't said.

Peter F. Drucker, business adviser

A huge part of a \_\_\_\_\_ relationship is open communication. If you can't \_\_\_\_\_ openly about your feelings, likes and hesitations, then you're not going to get far.

Jennie, student

\_\_\_\_\_ that has happened in your life, \_\_\_\_\_ you have done, is a communication.

Chuck Spezzano, psychologist

The first step in any positive \_\_\_\_\_ is communication.

Jeff Allen, trainer

hearing

everything

communication

change

everything

dialogue

healthy

talk

- Which of these ideas about communication do you think is the most important? Why?
- How good is your communication? Rate yourself on a scale of 1 - 10, with 10 being fantastic. Briefly discuss with your partner.