

Session 4: Good Communication Makes Good Friendships

Today you will learn skills about effective and polite communication. You will understand that speaking and listening is an important part of being a good friend. Here are today's essential questions:

What is good Communication? How does speaking and listening help me to be a better friend and communicator?

Today's essential questions are for you to think about, and you are not asked to write answers down, however here are some examples for you to help understand:

Here are types of things that make up good communication between people:

- You speak one at a time and do not interrupt
- Make good eye contact
- Use good body language
- Stick to the topic
- Ask good questions
- Add to another's words and ideas

These are ways in which you can participate in a good discussion with another person. Today's activity will show you this and allow you to understand some ways you are a good communicator or ways you can improve on your communication skills.

Session 4 Activity: “Fishbowl”

For today’s activity you will need the Fishbowl checklist for each participant. For this activity you will need to find a person and tell them a story. Here are a few examples of a story you can tell:

- Tell about your favorite day ever in school
- Tell about your favorite activity to do and why you enjoy it
- Tell about your favorite subject in school and why it is your favorite
- Or any other story that you can think of about an activity you enjoy

When you are telling your story look at your “Fishbowl Checklist Page.” While you speak if your partner does any of the three options: interrupts you, makes good eye contact, or uses good body language, check one of the circles. At the end of your story have your partner tell a story as well and let them fill out the “Fishbowl Checklist” for your listening skills.

Session 4 wrap-up

Today you have learned and practiced different qualities that make up a good discussion. Now we want you to reflect upon what you learned and use this to help you engage in good discussions in the future.

Which communication skills are you good at? _____

Which communication skills do you need to work on? _____

As we do each session, we now want you to please take the time to write a response for Session four on the “What I Like about me” page at the end of this binder.

Remember, this can be something you like about yourself, something positive about yourself or any fact that makes you special!