

Communication



Mastering this level will help you improve your communication skills.

Complete 8 of the 12 activities below to complete this level.

When you complete an activity, ask your instructor to write the date and their initials in the box.

<u>Classroom Activities</u> (Complete at least two activities)	
	Wear Your Mood: Spend a day in class wearing tags that describe your mood or what kind of day you're having. At the end of the day, participate in a class discussion.
	Dress for the Job You Want: Watch a video about how people dress for different jobs and participate in a class discussion about the messages we communicate with our clothes.
	Giving and Receiving Feedback: As a class, explore ways to give feedback in different situations and practice giving effective feedback.
	Avoid a Fight: Work through some situations that might cause people to argue or fight. Brainstorm some ideas to use communication to solve the problem without fighting.

<u>Research Projects: Friends and Family</u> (Complete at least two activities)	
	Five Things About Me: Work with someone else at home to share five things about the other person. Then make a poster at home or in class about you and the other person.
	Communication Road Blocks: Working with another adult in your home, explore some things that might get in the way of communication.
	Drawing Animals: Work with someone else in your home to draw an animal while sitting back-to-back and then talk about the experience. Write down some of your thoughts about the exercise.
	Active Listening: Work with someone else in your home to learn about active listening skills, practice using the skills and then answer some questions about what you learned.

<u>Research Projects: On Your Own or Small Groups</u> (Complete at least two activities)	
	Write a Recipe: Think about something you know how to make (it doesn't have to be a food) and write a recipe on a poster that someone else could follow to make that thing.
	Share Your Knowledge: Make an informational poster about something or someone you find interesting that would introduce that person or thing to other people.
	Headlines: Working alone or with a partner, read about and discuss how headlines can get us to click a link or read an article, and write some examples of headlines.
	Make an Ad: Working alone or with a partner, make two different advertising posters: one for a product, and one to motivate people to do something.