

# WEEK 3

## GROUP ACTIVITY

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5-10 MINUTES

Now that we have learned which communication styles are least helpful and which is the most helpful, let's continue practicing the skills we have discussed. We're going to try some role-playing using the clear communication style because we know it is the most helpful.

I want you to break up into pairs. I would like you to use all the skills you have learned so far to practice with each other, using the clear communication style. Between you and your partner, decide who is who in each scenario. Here are two scenarios to use to practice using your communication skills:

- 1.** You and the other person made plans to meet during lunch to work on your assigned project together. However, your partner did not show up, which forced you to finish the project on your own. You are upset because your partner left you with all the workload and now you do not want to work on another project with them in the future. Your partner minimizes your feelings.

*Allow participants five minutes to discuss the first example before moving on to the second. Either have partners switch halfway between the five minutes or have one partner do scenario 1 and the second partner do scenario 2.*

- 2.** You agreed to let your friend borrow your favorite jacket on the condition they give it back in one week. It has now been two months and you see your friend wearing your jacket at school. You are upset and ask for it back but your friend insists it is their jacket and they returned your jacket.



## DISCUSSION OF ACTIVITY/WRAP-UP

5-10 MINUTES

- Did anyone have difficulty using the clear communication style? If so, why?
- How did using “I Statements” and avoiding absolutes make the conversation or confrontation easier?
- What strategies can you use to remind yourself to use these skills when you are in an emotionally heated situation?
- We have covered a lot of material today about communication and how to communicate with others effectively. What challenges do you foresee in using the skills you learned today?
- As mentioned earlier, your feedback is an important part of this group. What were the most and least helpful things that we went over today?