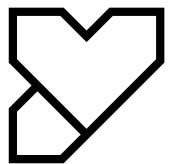




my
 **life.**

Communicating Differently

Session Resources



**YOUTH
FOR CHRIST**

What does it communicate?

SAMPLE

Your friend
trips over so
you help
them up.

Your friend
trips over so
you laugh and
walk off.

You let someone
else get on the
bus before you.

You shove
someone out of
the way to get
on the bus first.

You keep a
gift someone
gave you.

Someone
offers you a
present but you
tell them you
don't want it.

Match it up

Draw a line from each action to show what it might communicate.

Shrugging

Making eye-contact

Turning your back

Hugging

Pat on the back

Squaring up to someone

Shaking your head

Clicking your fingers

Biting your nails

Impatient

Looking for a fight

Disagreeing

Nervous

Don't care/don't know

Listening

Friendly or caring

Not listening/rejecting

Saying "well done"

“Are you ready yet?”

Write below how you think you would respond to that question if you were feeling each emotion:

Happy...

.....

.....

.....

Irritated...

.....

.....

.....

Nervous...

.....

.....

.....

Sad...

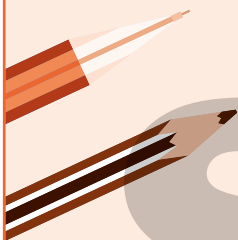
.....

.....

.....

“The thing I like most about being me is....”

Draw or write your answer here:



SAMPLE

What will you change?

Change

I will change how I communicate by...

1.

2.

3.

Affect

How this could affect my world...

1.

2.

3.

SAMPLE



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