

COMMUNICATING FEELINGS



Time Required: 30-45 minutes

Content Standards: (AA.S.9) Students will understand safety and survival skills and apply coping strategies.

Indicators (Students will...): AA.PSD.11.9.02
Identify appropriate ways to communicate their personal feelings.

GOAL: Students will understand the importance of communication.

Activity Statements:

Students will brainstorm solutions for handling situations in which people have difficulty communicating their feelings.

Materials:

1. Handout 1, *Communication is the Key*
2. Handout 2, *Using "I" Messages*
3. Paper
3. Pencil/pen

Procedures:

1. Copy and distribute the handout to the students.
2. Go over the first half of handout and ask students to work independently for a few minutes and write down their experiences.
3. Encourage students to think not only of their own experiences, but of others as well.
4. Ask students to share their experiences in a full group discussion.
5. Encourage students to work together to list possible solutions.
6. Ask students to review the handout *"Using "I" Messages"*
7. Allow class members to work together to make "I" Messages about upsetting situations.

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Discussion:

1. Do you feel better when you are able to communicate how you feel to the people you care about?
2. Why is communication with your teachers and the administrators at school important?
3. Why is it important to be able to communicate with your parents?
4. If you have difficulty communicating with your parents, who else could you turn to?
5. What are some other ways poor communication skills might impact your future?
 - School
 - Home
 - Work
 - Community activities

Integrative Closing Statement:

Being able to communicate how we feel is the key to our relationships. We must work to communicate our feelings to each other with the hope of arriving at a better understanding of each other.

Additional Resources:

Larry Alan Nadig, Ph.D. How to Express Difficult Feelings

<http://www.drnadig.com/feelings.htm>

Feelings Matching Game

<http://eslbears.homestead.com/files/feelings1.htm>

Extension Activities:

Set a personal goal regarding how you will improve your communication skills to have more success in school, home, the community and the work place.

Have the student try out the “Real-Life Decision Making” question for that career
