

Botvin Life Skills

Lesson 6: Communication Skills

✦ What is communication?

Write the definition on page 36.

When a person sends a message to another person in order to share thoughts, feelings or information. Communication can be verbal or non-verbal.

2

The Ways We Communicate

What are some ways we communicate with others?

Copy the list in your book on page 27, Worksheet 13.

Remember there are non-verbal communications too.



3

✦

Approximately 65% to 80% of our communication is accomplished non-verbally.

4

✦ How would you show (no words)...

- That you are sad?
- That you are happy?
- That you are scared?
- That you are mad/angry?

5

You didn't have to say anything for me to understand what emotion you were feeling.

✦ Write the definitions of

Non-verbal communication: (pg 38)

Communicating through body language or other gestures.

Verbal Communication: (pg 40)

Talking in order to communicate with someone.

Telephone Game



Everyone get in a circle. We're going to play a game of telephone.

7

8

✦ How did the message change?

Why did it change?

Effective communication exists between two people only when the sender and receiver of a message interpret it in the same way.

✦ Birthday Lineup

Without talking (so turn your voice off) get in line by birthday.

Starting with January 1st all the way to December 31st.



9

10

Journal Topic

Turn to Worksheet 14 on page 28 and complete the journal page.

Remember to try to use some of the ideas discussed today in class in your response.

Pretend that the government sent you to an alien planet to represent the USA. The only problem is that when you get there, you can't communicate with the aliens. They have no mouths and no arms! They just have eyes, ears, tentacles and six legs each. It is up to you to create a way to communicate with the aliens.

11