

GRADE 9/10 | SOCIAL
COMMUNICATING FEELINGS

Activity Statement:

Students will discuss difficulty communicating their feelings.

Materials:

1. Handout, Communication is the Key

Discussion Questions:

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. Do you feel it is important to be able to communicate with your parents?
4. If you have difficulty communicating with your parents, who else could you turn to?

COMMUNICATING FEELINGS HANDOUT*

COMMUNICATION IS THE KEY

- Do you hate it when someone you know is obviously bothered by something but won't talk about it?
- Have you ever been angry, but when people ask you what is wrong, your answer is "Nothing..."
- We cannot read minds, which means we must communicate our feelings in order to be understood, as well as to understand the feelings of others.
- Take a few moments now to compile some examples of communication breakdown that you or someone you know has experienced. List your thoughts below.
- Now suggest ways that you could have approached the situation. How could you have expressed yourself to be better understood?