



Parents and Caregivers,

Our next SLL unit is “Communicating Effectively with Each Other”. In this unit, your child will explore different SLL themes and skills related to Relationship Skills. Below is a chart with the different SLL themes that we will be discussing in this unit and some possible ways that you can reinforce these themes at home if you wish.

Unit 4: Communicating Effectively with Each Other		
Date	SLL Theme & Competency	Possible Discussion Questions and/or Family Activities
January 29th-February 2nd	Listening Attentively & Making Conversation (Relationship Skills)	<p>-What does it look like when someone is listening attentively?</p> <p>-What are some ways you can show you are listening attentively when someone is speaking to you?</p> <p>- When you have a conversation, do you think you are a better listener or speaker? Why? In what ways could you improve these skills?</p> <p>-Group Storytelling: During this activity, you will practice listening to other people’s ideas and then adding on to them. One person starts a story by saying one or two sentences and then everyone takes turns to continue the story by adding on to the last person’s idea. The point is not to say whatever you want, but to build on the previous comments to make a coherent story.</p>
February 5th-February 9th	Working Together as a Team (Relationship Skills)	<p>-When you hear the word “teamwork”, what comes to mind?</p> <p>-What does it mean to you to be a part of a team?</p> <p>-What is your favorite team? What makes them a team? Why are they your favorite?</p> <p>-Family Puzzle Time: Complete a family puzzle together. The slow pace of a puzzle allows your child and other family members the opportunity to work together and practice collaboration and communication skills.</p> <p>-Family Ties: As a family, form a circle and put your right hand in the middle. Then, grab the person’s hand that is opposite of you (making sure not to grab hands with anyone to the left or right of you). Do the same with your left, grabbing hands with a new family member. You then want to unravel your human knot, making sure not to lose your grip, or you will need to start over. This activity allows everyone to practice their communication and collaboration skills and have fun!</p>
February 12th-16th	Random Acts of Kindness Week/ Review Week	<p>- What are some ways we can show kind acts to our friends and family this week?</p> <p>-What is one thing you could do this week to show kindness to yourself?</p> <p>Creating Happy Notes: Take time as a family to write encouraging letters to a friend, teacher, and/ or family member who could use a happy note this week.</p>

<p>February 20th-23rd</p>	<p>Communicating Assertively (Relationship Skills)</p>	<p>-Why do you think it is important to speak up for yourself in a kind and respectful, but firm, way?</p> <p>-How can you speak up for yourself without sounding angry, aggressive or passive?</p> <p>-Think about a time when you might need to be assertive. What could you say in that situation? How would you say it?</p> <p>Guess Who?: There are many different ways to communicate. As a family, take turns role playing a situation where angry, assertive and passive communication styles are used. Do not tell other family members what communication style you are using. Have them guess and explain why that is their answer.</p>
<p>February 26th-March 1st</p>	<p>Resisting Negative Peer Pressure (Relationship Skills)</p>	<p>-Do you have friends that influence what you think? Are these influences positive or negative?</p> <p>-Do you make choices because your friend(s) have made that choice also? Why or why not?</p> <p>What Could You Say?: Read these scenarios with your child and have them write down or draw what they would say and do in response to their peers.</p> <p>-A classmate got a bad grade on his test and was supposed to have a parent sign it. He didn't want to show his mom, so he wants you to fake his mom's signature. What could you say to respond in an assertive way?</p> <p>-Some kids in your class are spreading a rumor about one of your friends online. They want you to forward the message to other people. What could you say to respond in an assertive way?</p> <p>-Your friends are all jumping off the highest part of the play structure at a park. They're saying you're a wimp if you don't jump, but you think it's dangerous. What could you say to respond in an assertive way?</p>