

## **Activities Module 4 « Communication »**

### **Activity 1: Have a clear understanding what communication is and means**

1. Take some time to write down your understanding of communication and what it means to you.
2. Think of your last day at work and write down all interactions you had and when you communicated.
3. Then analyze what types of communications you had.
4. Point out some of them that you may wish to change in the future.
5. Reflect if you wish to change something in your communication.
6. Implement those changes into your everyday life !

### **Activity 2: Communicate in a verbal and non-verbal way**

1. For one day, maybe today, have special attention to non verbal communications. Analyze how your pupils express themselves.
2. The next day observe yourself and your attitude toward people or a class.
3. Make some research on verbal communication such as non violent communication for example.
4. Analyze if and what roles emotions play in communication.

### **Activity 3: Adapt communication to situations with parents**

1. Remind a issue you had to discuss with a parent.
2. On base of this unit reflect on what points you could change your communication.
3. Note the possible change of the outcome of the discussion only by changing your way of communicating.
4. Imagine a easy tool that you could transfert to parents to help them in their communication with you.

### **Activity 4: Adapt communication and react to emergency situation e.g., make them more effective**

1. Taking stack of the last unit, imagine the most probable emergency situation that may happen in your area.
2. Take a step back and reflect on how you may communicate and to whom on this emergency.
3. Maybe you identified some things that may be difficult to overcome in case of such emergency. If yes what could you do to change it ?
4. Ask your local training center or school for their emergency plans.
5. Analyze them and notify the concerned persons about possible changes.