

La Porte JH-Social Skills-Outreach Learning

April 27th to May 1st, 2020

Health-Healthy Relationships & Communication

Week of: Monday, April 27, 2020

Ms. Trotta

htrotta@lpsd.org

Office Hours:

8:00-10:00

11:00-1:00

3:00-4:00

Tuesday-Thursday

Resources:

Review all resources in the TEAMS file folder.

Objective:

We will build our social skills by understanding how to communicate effectively by reading a scenario and relating it to our personal experiences.

TEKS:

1A: Analyze the interrelationships of physical, mental, and social health.

7A: Analyze positive and negative relationships that influence individual and community health such as families, peers, and role models.

11D: Describe methods for communicating emotions.

Activities:

Warm up:

Have you been in a bad situation that was made worse because of poor communication? Read and think about a time when you there was a miscommunication.

Sean's parents have been fighting a lot. It seems like they fight every night. Sean hates listening to their fights but doesn't know how to make them stop. All the anger in the house is upsetting him, and he wonders if he somehow caused his parent's unhappiness. He feels sad all the time, and he is having trouble sleeping and concentrating on his schoolwork. Sean decides to talk to his father about his problems.

Lesson Activities:

After reading the scenario about Sean answer the following questions:

1. Why is it important for Sean to express himself calmly and clearly?
2. What specific body language could Sean use when he is talking with his father?
3. What should Sean's father do to show that he is actively listening to what Sean is saying?
4. Why is it important to use good communication skills when explaining your feelings to someone?

Active Listening Skills



Closing Activity/Exit Ticket:

On a piece of notebook paper write down one reflection of a time when you a situation where these was a miscommunication. How did you handle it? Using active listening skills how could you have changed the situation next time?

Academic/Instructional Support:

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8:00-10:00

11:00-1:00

3:00-4:00

Tuesday-Thursday

Teacher support will be provided through the chat and video features within TEAMS. Lesson discussion will be on an individual basis via scheduled meeting each week in TEAMS. Email is provided if you need support after the office hours. Please practice patience if email contact is a slower process during this time.

Assignment Submission/Communication:

TEAMS will be our platform for discussion and questions regarding the lessons at any time during the week. All assignments will need to be submitted by 12:00 pm (noon) on Thursday each week.

Teacher support will be provided through the chat and video features within TEAMS. Lesson discussion will be on an individual basis via scheduled meeting each week in TEAMS. Email is provided if you need support after the office hours. Please practice patience if email contact is a slower process during this time.

Participation:

Your participation will be used for attendance purposes. Please make sure that you are checking in with any questions, concerns, or comments using our TEAMS page.

