



COMMUNICATION ESSENTIALS FOR STUDENTS!

ULEAD, INC.

CARD ACTIVITIES

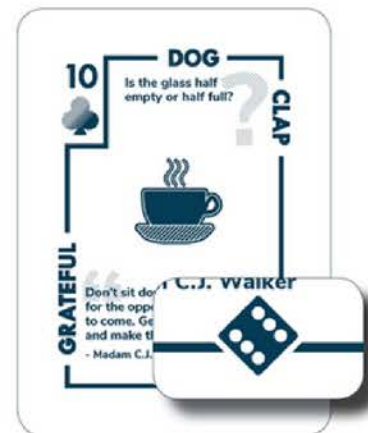
A BIT ABOUT ME

In order for others to communicate with us in healthy ways we must be open to sharing who we are. This card activity provides a quick and nonthreatening way for people to reveal a bit about who they are.

Variation: Add categories for people to share about. For example, if the number on the card is four, share four favorite foods, four places you've traveled, four bands you listen to, four things you're afraid of, four things you're proud of, four things you dream about, four people you admire, etc.

INSTRUCTIONS:

1. Everyone has a card. Tell each person to find their die number on the front of the card.
2. Then challenge them to find that number of fun facts to share about himself or herself with either a partner or the whole group.
3. Share with whole group or partner to complete the activity.



COMMON BOND

Our limbic systems in our brains are wired for connection. Opening channels of healthy communication helps these connections to grow and remain strong. This card activity creates an easy way to establish a fun and quick connection that open the way for people to find more commonalities.

INSTRUCTIONS:

1. Each person should have one card. Bring attention to the center icon on each card.
2. Give the following instructions: "Each of your icons has a common bond with another person's icon in this room. You have 2 minutes to find one partner. When you find your one partner, step to the outside of the area and wait until we are all matched up." You can repeat the statement, but try not to give any other instructions. Let them find their partners and try to be strict on the time. In this activity ANY and EVERY bond that they find is valid. Let them make the connections.
3. Set a timer to 120 seconds (less if the group is smaller than 20). Begin!
4. Go around the room and let everyone show and explain their connections.
5. "Once partners have shared what they discovered their icons had in common, give several minutes for them to brainstorm and discuss what they have in common as people and in life."



ANGEL'S ADVOCATE - NEW!

Something that is vital in communication is perspective taking, which is the act of seeing a situation or understanding an idea from another person's point of view. Differences can often shut down channels of communication before dialogue can be formed. This card activity functions as an "emotional steroid" that invites people to stretch their perspective taking muscle and experience what it feels like to fully embrace another's view.

INSTRUCTIONS:

1. Hand out a card to each person and have them find a partner
2. Invite them to choose who will go first.
3. This person reads their quote and shares if they agree or disagree and why.
4. Their partner (the listener) responds with as many ideas and reasons they can muster that are in total agreement with the perspective that has been shared.
5. Switch roles.

