



Healthy Communication Activity

Facilitator Note:

- For virtual learning, break students into private rooms

Activity Instructions:

- Explain that we are going to practice the healthy communication skills from the infographic: reflective listening, empathizing, and asking questions
- Have the participants count off by 2s (1, 2, 1, 2...). Have all the 1s make an inner circle, facing the 2s who form the outer circle.
- Once the circles have been created, tell the group that they will be having a series of short conversations with a series of partners. They should introduce themselves to each new partner, and they should share the time so that each person has a chance to speak.
- Give the group a question that each pair is to discuss.
- After one or two minutes, call time. Keep the time short enough so that people still have more to say when they need to move on. Tell the *inside circle* to move one spot to the left so that everyone is facing someone new.
- Give another question for the new pairs to discuss.
- Repeat as time allows.

Facilitator Debrief:

1. What are the benefits of reflective listening? What are some consequences if people do not reflectively listen?
2. What are the benefits to empathizing with someone? How might someone feel if they are not empathized with?
3. What are the benefits to asking questions? What might be difficult about asking questions?