

Upper Elementary/Middle School (Phase 2 & 3)
Student Workbook

SKILLS: COMMUNICATION COUNTS

A practical guide to confident communication



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Communication Counts

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Unit Project Overview

The Gab Lab Journal

Welcome to The Gab Lab—your personal space to grow as a confident communicator! Each day, you'll take on a fun communication challenge to try out in real life, like starting a conversation, giving a compliment, or asking for help. Then you'll come back to the lab (your journal!) to reflect on how it went.



Why “Gab Lab”? In English, “gab” is a casual word that means “to talk,” and a “lab” is a place to experiment. So in this course, you'll experiment with new ways to talk, listen, and connect—one challenge at a time!

What's Required

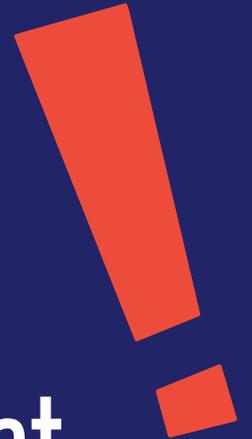
Your finished project will be a personal journal called The Gab Lab that captures your reflections on daily communication challenges, with one new entry added for each lesson's completed activity.



The Gab



Lab



Reflections on Confident
Communication

LESSON 1: THE BASICS

DAILY PROMPT

Send a Thank You note to someone. Respond to the questions:

What is one way you communicated well today? (Write or draw your response)

Response

1. Identify the sender, message, and receiver.

2. Once they receive the Thank You note, what was their reaction?

3. How did you feel when you sent the Thank You message?

If you could give a communication award to someone, who would it be?



LESSON 2: ACTIVE LISTENING

DAILY PROMPT

Do you want to be interesting? Then be interested! Practice showing interest with these 3 scenarios.

Draw (or write) one way you communicated well today.

Draw (or write) facial expressions and body language that show you're interested vs. not interested.

Write a follow-up question you could ask to show interest for the following scenarios.

Scenario #1: A New Hobby

You: What are you drawing?

Friend: Oh, it's a dragon from a book I'm reading.

Follow-Up Question:

Scenario #2: After the Weekend

You: Did you do anything fun over the weekend?

Friend: Yeah! I went to a trampoline park with my cousins.

Follow-Up Question:

Scenario #3: A Favorite Snack

You: What are you eating?

Friend: It's called dried mango. It's my favorite!

Follow-Up Question:

LESSON 4: FRIENDS AND BOUNDARIES

DAILY PROMPT

What are THREE situations where you may need to hold boundaries this year?

Draw (or write) one way you communicated well today.

Response

1.

2.

3.

Circle of Control
Out of My Control

Other people's actions

In My Control

My Attitude

How I Treat Others

My Effort

The weather

LESSON 5: HARD CONVERSATIONS

DAILY PROMPT

Relationships = Repair. How can you ask for help?

Draw (or write) one way you communicated well today.

Life Reflections

Physical

Mental

Spiritual

Social

What is a concern you have in one of these areas?

How could you ask for help?

I need you to (circle one):

- Listen
- Help me come up with ideas
- Help me think of this from a different angle
- Hold me accountable

- _____
- _____

Hard Conversations

- Receiving constructive criticism (take it as information)
- Giving constructive criticism (give a compliment first, face a problem together)
- Confessing/Apologizing (I'm sorry that _____, next time _____.)
- Asking for help

"A burden shared is a burden halved."

LESSON 6: CONFLICT RESOLUTION

DAILY PROMPT

Remember "I" statements. Practice below.

Draw (or write) one way you communicated well today.

Response

Problem: Teased about clothes

What could you say?

I feel _____ when _____

because _____.

I need _____.

Problem: Interrupted While Talking

What could you say?

I feel _____ when _____

because _____.

I need _____.

If you could give a conflict resolution award to someone, who would it be?



Remember to take it **SLOW**:

S=STOP and breathe. Regulate your body.

L=LISTEN to each other. Use active listening.

O=OWN your part. Have you been a part of this problem? Did you do something or is there a distorted thought or ANT in your way?

W=Find a WIN-WIN! What could make this better for BOTH of you?

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