

PURPOSE

Consider all of the people students interact with every day and the relationships they have with them. There are family members, friends, classmates, school staff, coaches, instructors, teammates, and so many others. Students are constantly communicating in some way and the effectiveness of that exchange is essential.

Relationships Skills entails:

- Active listening
- Fostering trust
- Advocating for self and others
- Offering and asking for help
- Solving problems and resolving conflict
- Working collaboratively
- Communicating effectively

Communicating Effectively includes:

- Being present
- Listening to understand
- Awareness of nonverbal communication
- Acknowledging the speaker
- Asking clarifying questions
- Thoughtfully responding

How does Communicating Effectively show up?

- How do you know when students are talking and listening with understanding?
- What might you see and hear when students are problem-solving effectively together?
- What routines can be established to foster students' effective communication skills?
- What supports can be put in place when students may not be communicating effectively?
- What might happen to students' relationships when they are able to communicate effectively?

EVERY MONDAY MATTERS (EMM) SUPPORTING LESSONS

EMM MODULE: Monday Gets Understanding **STRATEGY: "Listen Up"**

From the words we say to our tone of voice to our posture and facial expressions, communication is an involved process. Communication is 7% spoken words, 38% voice and tone, and 55% body language (Dr. Albert Mehrabian, Forbes Aug. 2020) It's also a two-way street. Sometimes, communication flows smoothly and sometimes, it's a traffic jam. So, let's provide an opportunity to level up our communication skills. Let's LISTEN UP.

You Matter: "It's All in the Cues"

[ACCESS LESSON](#)

Students will engage in conversations and experience the power of LISTENING to someone's body language. Students will then share what they noticed about their partner's body language and nonverbal cues.

We Matter: "Circles of Understanding"

[ACCESS LESSON](#)

Students will practice their listening skills as a whole class. Students will participate in a listening circle, authentically listen, and collectively contribute to creating a space where everyone feels heard, included, and UNDERSTOOD.

EMM MODULE: Monday Gets Appreciative

STRATEGY: "Honor Others"

Appreciation is an incredible way to communicate with others. It shows others that you notice and care. It creates a doorway for positive connections and healthy relationships.

You Matter: "Circle of Compliments"

[ACCESS LESSON](#)

Students will use their awareness to notice their peers, give them compliments, and show their appreciation. Students will appreciate one another through a compliment circle.