

RESOURCE PACK: ENHANCING COMMUNICATION SKILLS

Sub-theme 1: Assertive Behaviour: I express and stand for myself

Activity 1.1.2. How would you feel if ...?, Possible situation

- Imagine that you have brought a new toy to the kindergarten. Just as you were about to invite friend to play together with it you have noticed that somebody has broken it. How would you feel?
- Imagine that it is your birthday. You return from the kindergarten to your home that is completely dark. Suddenly, somebody puts the lights on and you see your entire family, relatives and friends who shout all together: "Surprise, happy birthday". How would you feel?
- Imagine that your parents took you to the big store where you have never been before. You have focused all your attention to a fantastic castle. After some time, you look around and notice that your parents are no longer in sight. How would you feel?
- Imagine that you arrive to kindergarten and your best friend does not want to talk to you. Other children tell you that he does not want to be your friend any longer because you told him yesterday that you would not invite him to your birthday party. How would you feel?
- Imagine that you woke up and there was nobody else in the house. How would you feel?
- Imagine being invited to spend entire day with your favourite actor (football player, singer...). How would you feel?
- Imagine that you want to enter the cinema but have lost the ticket. You have no money to buy another one. How would you feel?
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Activity 1.1.9. I want Need – Exist, Examples of messages

- If my duty is to learn, my right is to play.
- Let children run, jump and be free.
- Where you plant love, joy grows up.
- Love does not rule but educates and it is more.
- Love has two companions – kindness and patience.
- Love is happiness we give to each other
- Think, but let others think too.
- We have to believe in our strengths.
- A mountain will be moved by someone who has started to move stones.
- Joy will be your dinner if you have spent the day usefully.
- The tomorrow world belongs to those who are joyful.
- Everybody has as much rights as much power s/he has.
- Not all the gifts can replace a moment of joy and satisfaction.
- What is a life without fun!
- Lasting love is the one that always keep balance between two persons' strengths.
- Thin like a snail, act like a bird.
- Learn, learn and you will be average; love, love and you will be great.

Sub-theme 2: Stand for Oneself

Activity 1.2.3. & 1.2.4. Golden Word NO

Colour book "How to Say No?" - Work in progress

Activity 1.2.5. Warm and Cold Snowdrops, Cards' Examples

Cold Snowdrops	Warm snowdrops
Move your legs from the table. Do you keep your legs on the table at home?	I am angry when you put your legs on the table. I would like the table to be clean because we eat on it.
Every day, you return late from the playground and today you have broken every limit. .	I am worried that you come home so late. I would like to spend some time with you before bedtime.
This is not the first time you have not washed your hands.	I am worried when you come to lunch with dirty hands. I am afraid that you may get sick and I wish you to be healthy.
You are again running around wildly!	It makes me angry when you run in the hole. I am afraid that you may hurt yourself or another child and I wish that we were all safe and protected.
This is not the first time that you did not bring your homework!	I would like you to make better progress in math so I am worried when you do not do your homework.
Put your slippers on, please!	When you walk barefoot, I worry about your health and would like you to put your slippers on or play on the carpet.
What are you doing? How has let you to scribble on the table?	I get very upset when you scribble on the floor because I would like it to be tidy. Please, take a paper and draw on it.
What is your cell phone doing on the floor? You must have ruined it now.	I get worried when you throw your cell phone on the floor because I would not like that you break it. I wish you could take better care of it.
Ouch, your tea-shirt smells so much.	I feel embarrassed when you do not

Haven't you heard about soap and water?	change your clothes. We need to wash clothes often because we sweat in it.
Stop clinging on me! Do I look like a tree? You are bothering me	My back hurts when somebody clings on me. Please, walk beside me.
A substitute teacher told me how you behaved. You should be ashamed.	I was very upset to hear that the substitute teacher had problems with my class. I would like to proud of you next time when you get a substitute teacher.
You are naughty. Stop interrupting me.	It really bothers me when you interrupt my sentence. I would like to finish my conversation with Tom peacefully. Please, wait for your turn.

Activity 1.2.8. I have a right

POSTER

I have right to

- ASK WHAT AI WANT – even if I never get it
- EXPRESS MY IDEAS – even other may consider them stupid.
- MY FEELINGS – even when others think that I should not feel in this way .
- MAKE MISTAKES – especially if I have done everything I could
- TRY AGAIN –even if others think that I will not succeed.
- SOMETIMES CHANGE MY MIND - although the others think that I should not to.
- BE RESPECTED AND TREATED WITH RESPECT – even when my action is criticized.
- TELL NO SOMETIMES AND NOT FEEL GUILTY ABOUT IT
- COMPLAIN IF SOMETHING IS NOT FAIR – even when I have to accept it. .
- BE PROUD ON MY ACHIEVEMENTS – even if it bothers those from whom I am better.

Activity 1.2.9. Choosing the Best Behaviour

PAPERS

- Vesna returns from school hungry. Lunch is not ready yet. Daddy is making his specialty today but he needs at least half an hour more. Vesna says: "I love your specialty but I am very hungry. I'll have yoghurt while I wait for lunch."

- Davor does his homework and needs help. Asks his older sister who responds that she does not have time for him. He yells: "Of course, you never have time for me. You just think about yourself!"

- Filip and Sara are brother and sister sharing the room. Sara does her homework while Filip listens music. Sara asks him to turn the music down but he refuses. Sara continues to write her homework in the kitchen.

- Una is a three year old girl who likes to swing. As soon as she enters the park, she runs toward the swing shouting: "It is mine, mine," although another girl has just approached the swing and wants to sit on it.

- Lisa has been invited to lunch at their friend. Lisa does not eat meat. A friend's mom has prepared a chicken with vegetables. Lisa asks: "Do you have vegetables that was not prepared together with meat? I could have it for lunch."

Activity 1.3.8. Forgotten Cake

Situations:

A child comes to the cake shop and asks for two cakes. However, the shopkeeper accidentally puts only one cake in the box, closes it and charges for both cakes.

A child-costumer has been looking around and has not noticed that the shopkeeper has forgotten the second cake.

Child leaves the cake shop and opens the box immediately to have cakes (cannot wait to come home) and notices that there is only one cake in the box. S/he returns to the shop to point the mistake to the shopkeeper.

Three different scenarios: every child will act his/her pre-pared role in this situation, emphasizing non-verbal aspects of communication.

THE FIRST SCENARIO: Passive communication - child should act somebody who hesitates a lot, looks at the floor, avoids eye contact, speaks very quietly and insecurely.

THE SECOND SCENARIO Aggressive communication – child shouts loudly, frowns, looks angrily at the shopkeeper, waves his/her hands, threatens, leans toward the shopkeeper and his face.

THE THIRD SCENARIO: Assertive communication – child is relaxed, stands straight with a smile on his/her face and in a clear and friendly tone explains to shopkeeper what has happened.

1. Croatia Subtheme 2: Set of activities 1: Activity: Listen to my story

Talking with the Moon

Written by: Iva Gruić

Characters:

Squirrel

Hedgehog

Moon

First scene

(Dusk in a wood.)

Hedgehog: apple, mushroom, yellow berry... nibble one, bite another, chew the third...

Squirrel: Hey, prickly hedgehog! Here I am for a dinner!

Hedgehog: I am already eating, long tail, let me finish...

Squirrel: I have brought hazel nuts and raspberries and – look here, I have found peanuts!

Hedgehog: Peanuts?!

Squirrel: It is shelled but I will break it and then we can together....

Hedgehog: (she would love to have peanut but obviously has something else on mind): No, we will not

Squirrel: Of course, we will.

Hedgehog: I have no time because...

Squirrel: (lays out dinner food): Come on, prickly, since when you do not have time! You spent all day yesterday laying in the sun and a day before yesterday you ran on the meadow sniffing daises. If that means that you do not have time then I do not know who does. Here, food is ready – go for it!

Hedgehog: As soon as I finish dinner, I am going to the rock.

Squirrel: OK, if you want, we are going to the rock.

Hedgehog: I am going alone!

Squirrel: Don't worry, I'll not let you to go alone.

Hedgehog: Well, why aren't you listening to me?

Squirrel: I am listening, we are going to the rock after dinner (Starts eating fast and speaks with a mouth full)) and have to hurry up. I've heard everything.

Hedgehog: (raising a voice): I'm going alone!

Squirrel: Yes, we are going alone. Come on, hurry up with this food. However, I really do not know why we are going to the rock. It is boring there.

Hedgehog: (shouting in squirrel's ear): You are not going to the rock!

Squirrel: Prickly, I feel that you have said something I do not want to hear.

Hedgehog: If you would sometimes keep your mouth shut, maybe you'll hear something, long tail!

Squirrel: Me?! I am the world champion in keeping the mouth shut. Look! (Shows how she will be quiet)

Hedgehog: You have spoiled my dinner.

Squirrel: You are strange today!

Hedgehog: There, you are again talking instead listening!

Squirrel: I am quiet!

Hedgehog: You have spoiled my dinner. (Waits for squirrel to talk but she refrains) That is why I am angry with you. (Waits a little again, now already surprised by squirrel's silence). You are really keeping quiet! (Squirrel nods her head and gesticulates vigorously but keeps quiet) OK, then I am going to tell you everything. Last night, I passed below the rock where, you know, there were juicy berries. The big moon was rising above the rock. Round and yellow, looking at me so kindly with its eyes.

(Squirrel is about to say something but remembers to have to be quiet and only nods vigorously.)

Hedgehog: I do not remember how I found myself on the top of the rock. The moon is so close there. You will not tell anyone if I tell you what has happened.

Squirrel: Not to a living soul!

Hedgehog: (hesitates, but goes on): Then I talked to the moon.

Squirrel: Impossible!

Hedgehog: I told him good evening and he responded. His voice from the distance sounded like little bells, like snowdrops whispering in the spring, like water drops in a blue lake...

Squirrel: Let me go with you tonight, I would so much like to hear that, so much, much, much...

Hedgehog: I do not know whether he would talk to me if I were not alone.

Squirrel: Please, my trusted prickly friend, my most favourite nibbler, my most beautiful grudger...

Hedgehog: OK, let's go.

Second scene

(Music. Path toward the rock. Moon is rising slowly. Round and yellow.)

Third scene

(On the top of the rock, as on the top of a small mountain with the moon above)

(Hedgehog and squirrel have just climbed to the top of the rock. They are out of breath, particularly the hedgehog whom the squirrel helps a little. They sit down.)

Hedgehog: (out of breath): How steep this rock is! Each prick hurts me!

Squirrel: My tail is full of burdocks. Those bushes below the rock are...

Hedgehog: (spotted the moon and starts speaking quietly): Look at it!

Squirrel (still occupied with its tail): They prick and itch... There is nothing worse than burs in a tail!

Hedgehog: (stomps legs): Shih!

Squirrel: What has happened?

Hedgehog: Look at it!

Squirrel (amazed): As the most beautiful ripe apricot...Huge, sweet and savoury...

Hedgehog: Or the sunflower full of sweet seed...

Squirrel: Silver circle...

Hedgehog: Glows like gold...

Squirrel: Shall we greet it?

Hedgehog: Let's do it together

Squirrel and hedgehog (speak loudly toward the moon): Good evening, Moon.

Voice: Good evening, good evening.

Hedgehog: We have come to greet you.

Voice: Greet, greet...

Hedgehog: Tonight, I have brought a friend.

Voices: Friend, friend...

Squirrel: Beautiful moon, good evening.

Voice: Good evening, good evening.

Hedgehog to squirrel: Oh, I am so happy (loudly) Moon, you are wonderful! This evening is the best ever!

Voice: Best ever... Best ever!

Hedgehog: I am the most beautiful in the world.

Voice: The most beautiful in the world... The most beautiful in the world!

Hedgehog: Of everything that happened to me, this is the best!

Voice: The best... the best...

Hedgehog: I am the best.

Voice: The best... the best...

Hedgehog: Have you heard it?

Squirrel: (not satisfied, starts quietly, and continues louder): Moon, you do not know hedgehog so well. She can be prickly and grumpy...

Voice: Prickly and grumpy...Prickly and grumpy.

Hedgehog: What have you done now? Why do you have to spoil everything?

Voice: Spoil... spoil...

Squirrel (suddenly something seems odd: Wait a minute.

Hedgehog: You wait a minute. Everything is spoiled.

Voice: Spoiled... spoiled...

Squirrel: There is something strange here.

Hedgehog: Not strange but awful (shouts) Awful!

Voice: Awful... awful...

Hedgehog: See, the moon agrees with me (Sniffles)

Squirrel: No, listen. This is weird. This moon of yours only repeats what we say.

Hedgehog: Nonsense.

Voice: Nonsense... Nonsense.

Squirrel: There, it has repeated again.

Hedgehog: What has it repeated?

Voice: Repeated ... Repeated...

Squirrel: Watch now. (Shouts) Thorns, bushes, nettles...

Voice: Thorns, bushes, nettles... Thorns, bushes, nettles...

Squirrel: Popsy, hopsy ...

Voice: Popsy, hopsy ... Popsy, hopsy ...

Hedgehog: Impossible – then it means ...

Squirrel: That big Moon does not talk with us. This is simple echo..

Hedgehog: Never heard. Echo?

Voice: Echo... Echo... Echo...

Squirrel: My grandfather told me how he was once lost in wood and climbed the top of the rock to find a way home. Desperate, cold and scared he shouted something in the darkness and heard the moon respond. But it was only his voice that came back. This is called echo.

Hedgehog: Echo.

Voice: Echo ... Echo ... Echo ...

Hedgehog: I feel so miserable now... And I thought that the big moon responded to me!

Squirrel: Don't. You did not know. Now you know. But... perhaps we can play with this echo.

Hedgehog: Play, how?

Squirrel: (shouts): Wood, listen!

Voice: Wood, listen... Wood, listen...

Squirrel: Prickly hedgehog

Voice: Prickly hedgehog... Prickly hedgehog

Squirrel: Best friend...

Voice: Best friend...Best friend

Hedgehog: And squirrel covered with burs

Voice: squirrel covered with burs covered with burs ...

Squirrel: Greeting to this silver night

Voice: This silver night... This silver night...

Hedgehog: Happy and joyful...

Voice: Happy and joyful ... Happy and joyful...

Hedgehog: Wishing everybody sweet dreams...

Voices: Sweet dreams... sweet dreams...

Squirrel: and better tomorrow...

Voice: Better tomorrow... better tomorrow...

(They are laughing. Their laughter is echoed back.)

Hedgehog: Let me take out those burs from your tail.

Squirrel: Ouch, be careful, it hurts...

Hedgehog: Must be so. Calm down. One more. There you are.

Squirrel: Let's rest a bit. It is nice here.

Hedgehog: Good night, wood!

Voice: Good night, wood. Good night, wood...

(Calming down, getting ready to sleep)

Squirrel: Move a little, your prick me.

Hedgehog: And you calm down that tail, it tickles my nose.

Squirrel: Shall we come tomorrow to play with echo again, prickly hedgehog?

(Hedgehog does not respond. She is asleep. Squirrel also calms down. Breathes in deeply, turns around couple of times and falls asleep. They are both sleeping. Nothing happens for a moment. Then the Moon becomes alive, blinks its eyes, looks at them and smiles clearly, just like the moon does)

Moon: They are sleeping. Both, prickly hedgehog and a long tail squirrel. They dream juicy raspberries and tasty walnuts. They dream about talking to me, chatting long into the night. See how they smile in their sleep? You know what – when they climb the rock tomorrow to play with echo, I shall answer back. Wow, they are in for a huge surprise (smiles again like the tinkling bells).

2. CD with short melodies symbolising hedgehog and squirrel (to be recorded).

