



# Happy Talk!

<b>Club:</b>	Communication Station
<b>Lesson #</b>	1
<b>Group Size:</b>	Partners
<b>Time:</b>	20-30 minutes

**Activity Objective** (*What is the main thing you want youth to learn, practice, or improve?:*)

Learn about positive communication; practice using body language to convey a message

**Essential Question** (*How does the activity relate to the unit objective?:*)

Why is it important to use positive communication when talking to peers, teacher, and parents?

**Supplies and Teaching Resources** (*including books, websites, handouts, etc):*

One object per pair (can be stuffed animal, school supplies, something silly or something mundane)

**Prep Before Lesson** (*List all tasks to be completed before lesson implementation):*

Read Step 1 of the "Happy Talk" lesson plan (attached) and highlight discussion ideas about positive communication for the activity instructions; (Optional) there is an opportunity to make a "Happy Talk Pot" with a set number of items (marbles, coins, etc.) to bring out during reflection to use throughout the month. Add to it when you hear positive communications and take some away if you hear negative.

**Introduction** (*5-10 minute intro of the point of the activity to build excitement/interest):*

Write "communication" on the board and ask if youth know what it means. "Communication is how we get a message, idea, thought or feeling to someone else."

*What are some ways we communicate?*

- Voice, words, behavior, body, symbols and signs

*How much of our lives are spent communicating?* Draw a pie chart and ask youth how much they think will be filled.

- 70% of our time is spent communicating! Most of our communicating is listening.

**Kid-Friendly Stated Purpose of Activity:**

*In the next few weeks, we're going to be playing some games to work on our communication skills! But before we start getting into different types of communicating, we're going to play a silly game about **positive communication** and why it's so important.*

**Activity Instructions** (*25-45 minute):*

1. **Split into pairs:** Youth should find a partner (or partners can be assigned) and sit across from them at the table or on the floor.
2. **Discuss "Happy talk":** Read a little bit from the "Happy Talk" lesson about the importance of positive communication and how it makes us (and others) feel.
3. **Pass out objects:** Place an object in front of every pair. It can be anything from a stuffed animal to a pencil (the example in the Happy Talk lesson is a salt shaker).
4. **Practice communication:** Explain to youth that we're going to be taking turns communicating with the objects in three different ways:

- **First:** Try saying something nice to the object while using negative body language and a negative tone of voice (i.e. frown, cross your arms and use a harsh voice to say "You're the best pencil in the entire world and I love you very much.")
  - **Second:** Try saying something nice in a neutral, flat tone with blank body language (i.e. slouch a little, look bored and say "I couldn't live without you, pencil.")
  - **Third:** Try saying something nice about the object while using positive body language (i.e. smile, nod, put your hands in the air and say "I'm so lucky to have a pencil like you!")
5. **Play:** Let youth have fun with this and try talking to each other using positive communication and negative, neutral or positive body language.

**Notes:**

- Make sure all language is positive! Youth may get carried away with the activity, but remind them that the lesson is about practicing Happy Talk. Find a good balance between silly and purposeful.
- **Modeling:** Facilitator should model each step first and give examples of positive communication to use. It might even be helpful to write some positive phrases on a board or piece of paper to spark some ideas.
- **Leadership:** If you hear really good examples of Happy Talk, invite youth to repeat them in front of the class.

**Processing** (*questions asked during the activity to encourage learning and understanding*):

**Strategy** (*mode of getting children to share during the activity about what they are doing*):

Ask questions to get youth to think about what positive and negative body language and communication looks like

**Questions:**

- How do our faces look when we say nice things to others? How about bad things?
- What are some examples of Happy Talk we can say to our objects?

**Reflection** (*5-10 minutes*):

**Strategy** (*method of getting children to reflect on their experience*):

Tell youth to use Happy Talk on each other. Allow a few minutes for youth to go around and use positive words and body language to compliment each other.

**Questions:**

- How are you going to use Happy Talk in your life (at Camp Fire, school, home)?

**Inclusiveness    Empathy    Confidence    Conflict Resolution    Life Skills    Nature**

Listens when others are speaking  
Communicates well with adults