Session 7
Share Your Story

Time Required: 40 – 45 Minutes

Let's Learn

In the previous session, we talked about the importance of interpersonal communication skills and how it can help us get to know each other better. It can also help in busting myths and reducing gender inequality!

Today we will explore,

01 **How effective communication can help us in our personal lives.**

02 **Practising effective communication.**



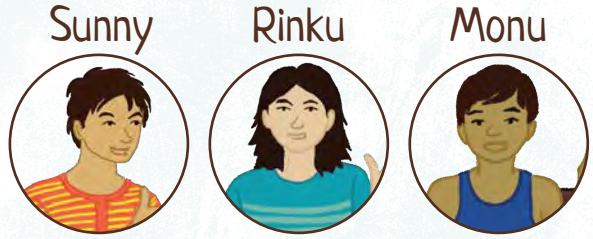
Let's Do It!

Being able to talk to adults is an important skill, but sometimes talking to adults can be difficult. To make it simple and to understand how to start the conversation, let us first listen to a story.

Instructions

Let us listen to this story carefully, and then we will discuss it.

Sunny's STORY



This is the story of a boy named Sunny, who goes to meet and play with his friends every evening. Usually, Sunny is a cheerful boy who loves to make others laugh, but today he looks really sad.




Really? So, he didn't scold you?
Nope! He told me the bag wasn't as important as I was. You should tell your parents. They'll understand.
Yeah, Sunny. One time I lost 500 rupees on the way to buy a book. I thought my mom would kill me!
What?! What did you do?
I told her the truth. She was a bit upset but got me an old copy of the book. She just told me to be more careful next time.
See, Sunny? Our parents have made mistakes too. They understand.
Exactly. Just talk to them. It'll be okay.
That's the spirit! Now, let's go play and forget about our worries for a while.
(smiling) Thanks, guys. I'll tell my parents about the pen. I feel a lot better now.
All three friends laugh and head off to play together.

LET US ANSWER A FEW QUESTIONS:

- Why was Sunny scared?
- What suggestions did his friends give him?
- Do you think he was able to speak to his parents?
- Have you ever been in a similar situation?

Who are the people we can easily share our thoughts with?

Who are the people we find it difficult to share our thoughts with?

Who are the people with whom we cannot share our thoughts at all?



Role-Play

If you were in Sunny's place, what would you have done? Let us try it out with a role-play!

Facilitator Note: Request any 3-4 volunteers to come forward and ask them to enact the situation mentioned above: what would they do? How would they start the conversation at home, and with whom? Other classmates may give suggestions to the actors.

FANTASTIC!
THAT WAS SUCH EXCELLENT ACTING.

Let's Think

- While it is easy to talk to friends, not all problems can be solved only by talking to friends. It might be difficult to speak to adults but it is very important.
- The story helped us understand the importance of effective communication. It can help us create a safe and honest space to share our views with others.
- If we keep practising effective communication with our parents, family members, and friends, it would become much easier for us to express our thoughts and share them with others.
- Parents and other adults may have different points of view than ours and it is possible that it may take a long time to make them understand our perspective, but we must keep trying. We have to be patient with other people and be mindful of their feelings as well.
- We also have many examples around us where talking to each other has helped us resolve a fight or find solutions to our problems!
- Try giving contextual examples from your experience!

Let's Share

How did you feel while doing this activity?
Tick all the options that apply to you.

☐ **I liked it!** ☐ **I did not like it** ☐ **I am confused** ☐ **I am excited!**



Let's Remember

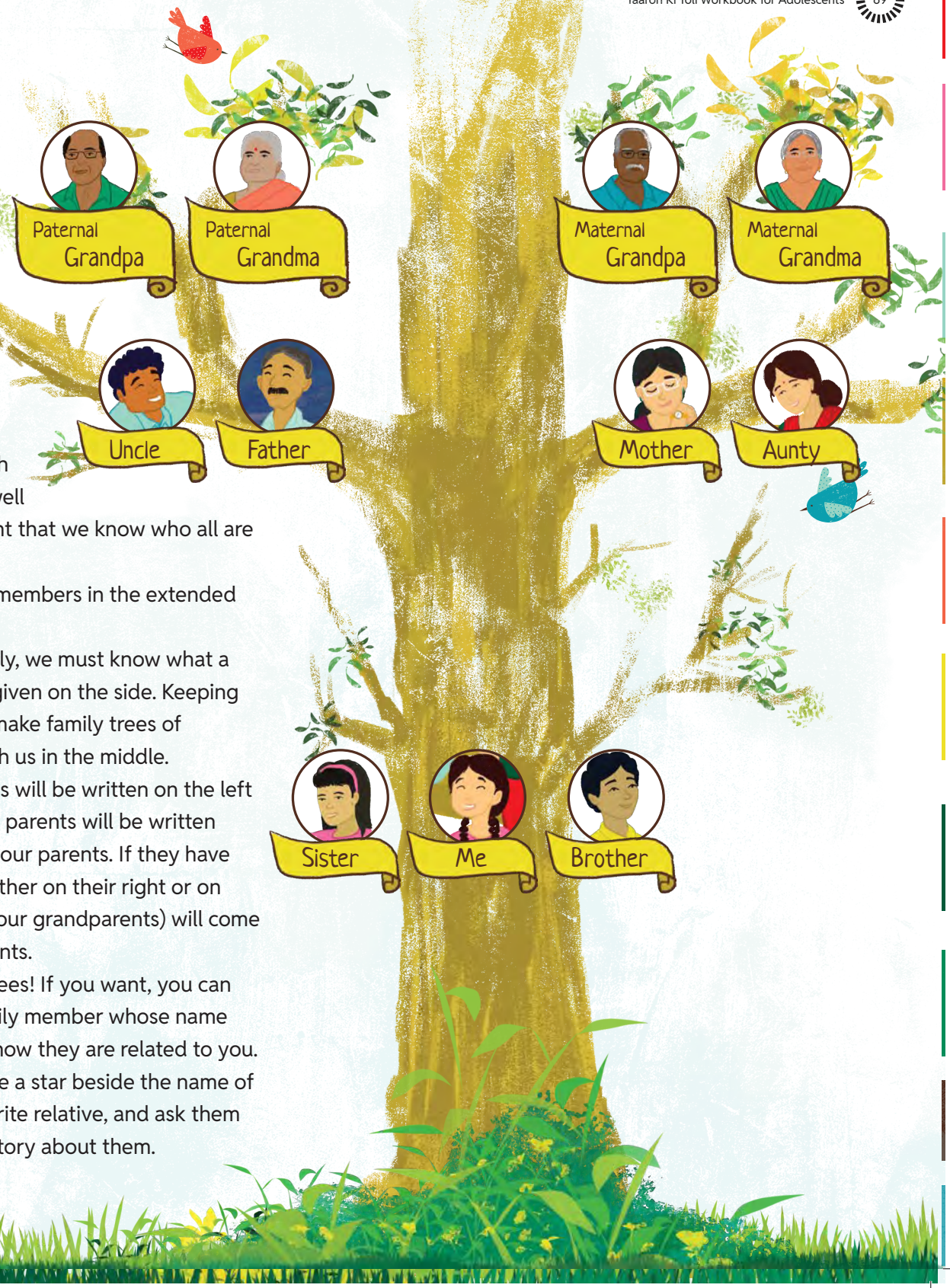


- In the previous session, we learned that communication can help us build strong relationships. Sunny got several suggestions when he shared his problem with his friends. When we are upset or worried about something, we should definitely talk to our friends and other trusted people.
- Being able to have a conversation with adults and effective communication is a very important skill, which helps us express our thoughts as well as understand each other.
- Our elders help us to fulfil our dreams. We should keep talking to them about our dreams and aspirations. Talking to them can help us talk about resources, opportunities, and support required to achieve our goals. Only better understanding can lead to better communication.
- By practising effective communication, we create an opportunity for ourselves to be able to talk to our elders, where they listen and understand what we are saying. This also helps us build trust and we can have the most difficult conversations with each other without fear.
- When we keep talking to each other, it might change our elders' ideas and assumptions, because talking is rocking.

We are meeting next on

Date: _____ **Time:** _____

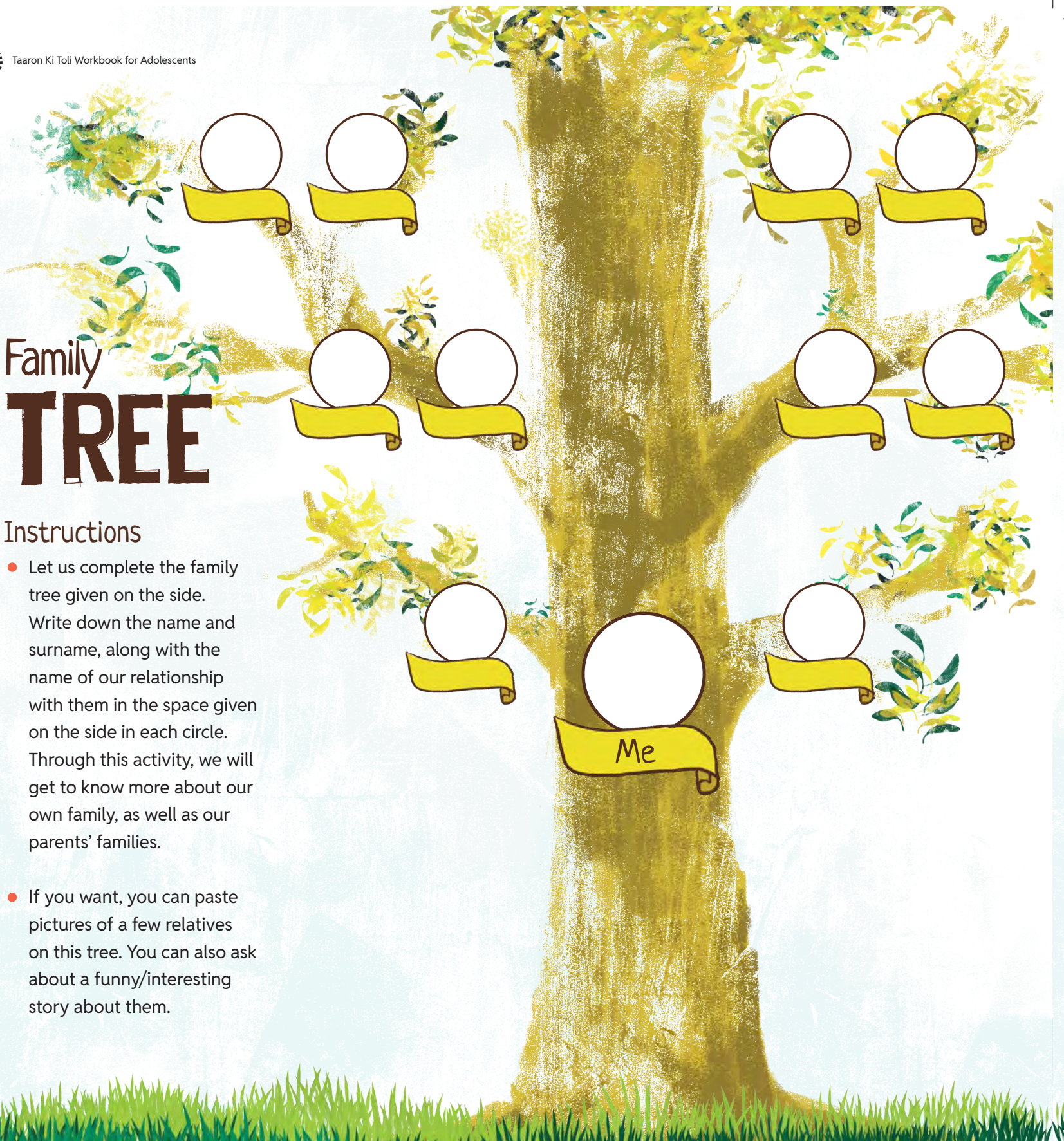
Family TREE



Instructions

- Our identity is shaped through our thoughts and actions as well as our family. So, it is important that we know who all are a part of this big family!
- Let us learn about our family members in the extended family.
- To learn about our larger family, we must know what a Family Tree is. An example is given on the side. Keeping the example in mind, we will make family trees of ourselves and our parents with us in the middle.
- As a rule, the names of siblings will be written on the left or right, and the names of the parents will be written above. This will even apply to our parents. If they have siblings, their names will be either on their right or on their left, and their parents (your grandparents) will come above the circles of your parents.
- Let us make our own family trees! If you want, you can also paste pictures of the family member whose name you have written, along with how they are related to you.
- If you want, you can also make a star beside the name of your mother or father's favourite relative, and ask them about a funny or interesting story about them.

Family TREE



Instructions

- Let us complete the family tree given on the side. Write down the name and surname, along with the name of our relationship with them in the space given on the side in each circle. Through this activity, we will get to know more about our own family, as well as our parents' families.

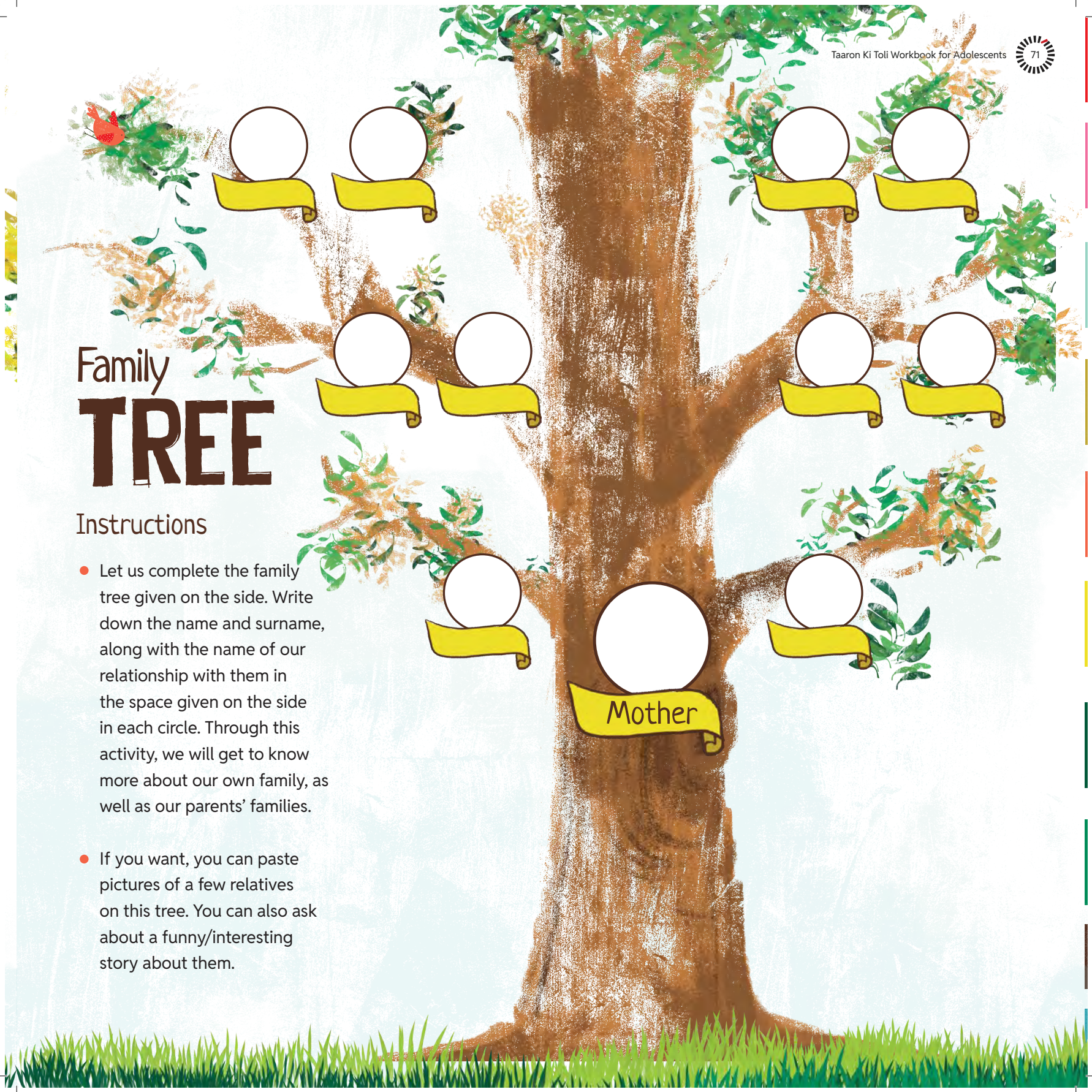
- If you want, you can paste pictures of a few relatives on this tree. You can also ask about a funny/interesting story about them.

Family TREE

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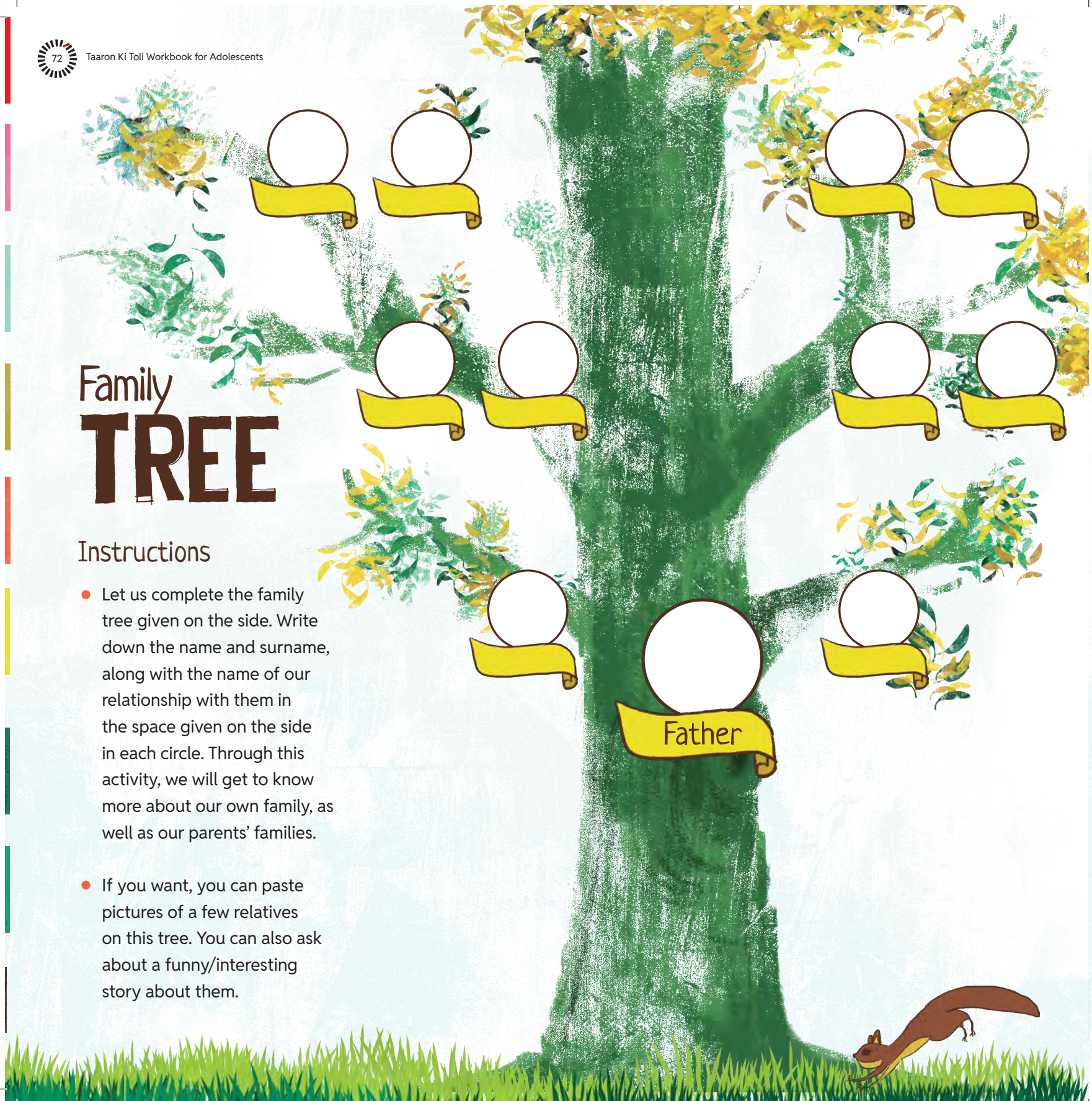


Family TREE

Instructions

- Let us complete the family tree given on the side. Write down the name and surname, along with the name of our relationship with them in the space given on the side in each circle. Through this activity, we will get to know more about our own family, as well as our parents' families.

- If you want, you can paste pictures of a few relatives on this tree. You can also ask about a funny/interesting story about them.



How did you feel after talking to your parents?



Let's Share

How did you feel while doing this activity?
Tick all the options that apply to you.

☐ I liked it!



☐ I did not like it



☐ I am confused

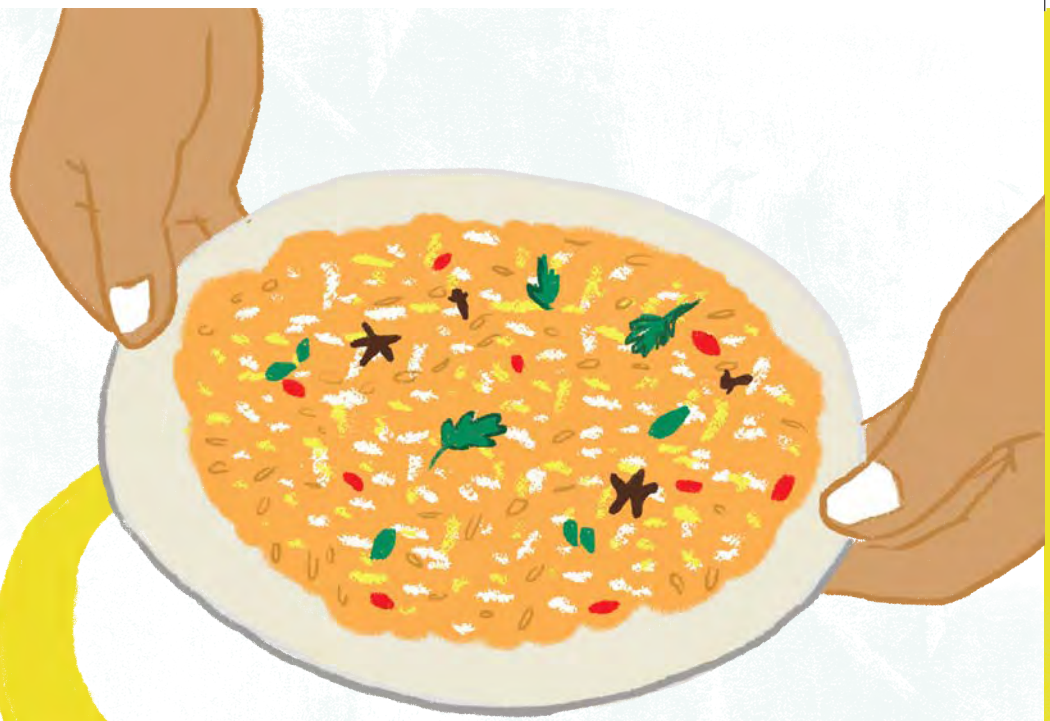


☐ I am excited!



SOME MEMORABLE STORIES

My Fun CORNER



Instructions

- Pinky and Pankaj are super hungry today! Why, you ask? They played to their hearts' content while coming back from school.

- They are craving some hot, steaming Pulao. Both Pinky and Pankaj will ask their fathers about how Pulao is made.

Let us also ask our fathers how a delicious pot of Pulao is made!



Ingredients required to make Pulao:

_____ _____ _____ _____

_____ _____ _____ _____

_____ _____ _____ _____

How to make Pulao:

_____

_____

_____

_____

_____

Session 8
LISTEN NO!

Time Required: 40 – 45 Minutes

Let's Learn

In the previous session, we learnt how effective communication helps us talk about even the most difficult topics with our friends and family. It also helps us understand them better, which strengthens our relationship with each other and makes a safe space for us to be able to express our thoughts.

Today we will explore,

01 **The importance of active listening in our lives!**

Let's Do It!

Sometimes we fail to properly understand what is being said to us, which leads to misunderstandings and friction in our relationships. Active listening is a very important skill that we must apply in our daily lives. Let's try to understand this in detail.



Activity 1
Chinese Whisper

Instructions

- Let us all make a circle and play a game called 'Chinese Whisper'.
- A player will start the game by whispering a sentence in the ear of the person sitting to their right.
- Each player then has to speak what they heard to the person to their right till it reaches the original person who whispered the sentence.
- Listen carefully, and play on!





Discussion

- **What happened in the end?**
- **Did everyone listen to the correct thing?**
- **What did you say and what did you hear?**

Listening carefully is a skill. To master this skill, we must keep practising it. Moreover, we should also be willing to understand what the person we are talking to is trying to say.

Instructions

Let us understand and practise our listening skills. An important announcement is to be made in school today. Request five volunteers to come forward, they share this announcement with the rest of the class.

Activity 2
May I Have Your Attention Please?

Instructions

- Instruct the five volunteers that they have to go outside the class and they will be called into the classroom one by one.
- Once the volunteers are outside, the facilitator will share the announcement with everyone present in the classroom. Those in the classroom have to listen to the announcement carefully. The game is that the facilitator will call one volunteer inside the room and share the announcement outloud with them. Once the announcement is shared only AFTER that, the facilitator will inform the volunteer that they have to repeat the announcement to the second volunteer. If needed, the facilitator can repeat the announcement only once and only for the first volunteer.
- The rest of the class has to listen and take notes - “did they get the announcement right?”; “Where did it go wrong?”. Nobody will disturb them in between. At the end of the activity, they will be asked about what happened.
- Now a volunteer will be asked to enter the classroom and will be told the announcement by the facilitator.
- After this, they will be asked to tell this announcement to the next volunteer. They have to communicate the announcement only once and they cannot repeat it. Moreover, they must first share the announcement and then ask the volunteer to repeat it to the next volunteer.
- One by one the volunteers will come inside the classroom and the first volunteer will tell the announcement to the second, second to the third and so on.
- The last volunteer will have to say the announcement out loud to everyone in the classroom.

Discussion

- Ask the rest of the class about what just happened? Did they get the correct message?
- Ask the volunteers about their experience- was the last thing that was said the same as the first?
- What caused the problem?



Let's Think

- If we have misunderstood something, our behaviour will be influenced by it as well, and we will pass the wrong information ahead. Listening carefully reduces the chance of making such mistakes.
- We learnt that without knowing the right information, we should not pass it ahead. We should also not share things that can harm others or have a negative impact.
- Listening carefully and sharing our thoughts clearly is an important part of effective communication. We must practise these skills to become good at them.
- We can practise these skills while speaking to family members, classmates, and teachers. We must remember to be clear in our communication and carefully listen to what others say to us.
- If we pay attention to our listening skills and strive to improve them, our communication becomes stronger and better. This will help us share our thoughts more precisely and clearly, and also help us in understanding others. This will deepen our relationship with others.

Let's Remember



- Today we learnt that if we don't pay attention to what we are being told and convey it to others, we could communicate the wrong message. This can lead to misunderstandings or friction between people.
- Listening carefully and passing correct information to others is a communication skill.
- In our daily lives, we listen to a lot of things and speak to a lot of people. If we become cautious about not believing in conversations that promote discrimination and don't spread such ideas ahead, then we can play an important role in reducing discrimination in society.
- Moreover, we can speak to people who are spreading such ideas and try to make them understand that this is discrimination, and it is not right to say such things.



Let's Share

How did you feel while doing this activity? Tick all the options that apply to you.

☐ **I liked it!**



☐ **I did not like it**



☐ **I am confused**



☐ **I am excited!**



Responsibility

Speak with two family members and ask them whether they have experienced any problems as a result of not listening carefully.

Use this space to take notes, write or draw something about this class!

We are meeting next on

Date: _____ **Time:** _____

