

# Communication

## Summary

The basic concepts of communication. How to improve communication. Body language and the messages we are sending.

## Main Core Tie

Health Education I (7-8)

[Strand 1: HEALTH FOUNDATIONS AND PROTECTIVE FACTORS OF HEALTHY SELF \(HF\) Standard HI.HF.3:](#)

## Additional Core Ties

Health Education I (7-8)

[Strand 1: HEALTH FOUNDATIONS AND PROTECTIVE FACTORS OF HEALTHY SELF \(HF\) Standard HI.HF.4:](#)

## Time Frame

1 class periods of 70 minutes each

## Group Size

Large Groups

## Life Skills

Communication

## Background for Teachers

Basics of communication: Sender, Receiver

## Instructional Procedures

Instruct the students about the basics of communication.

Sender/receiver

Misunderstandings

How to communicate when there is a conflict.

How to get what you want.

Body Language

## Assessment Plan

Have the students create a video that will teach the concepts of communication that they have learned.

## Authors

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