

Year 4 • Lesson 17

# Positive Communication

## Rationale

This lesson is designed to develop students' verbal and non-verbal communication skills. The spinning wheel activity encourages students to build positive communication skills, which build positive relationships.

### Capabilities

- Self-awareness
  - Self-management
- Social awareness
- Social management

### Mental Fitness Skillset

- Live Mindfully
- Embrace flexible thinking
- Grow connections
  - Act purposefully
  - Recharge your body

## Learning Intention

We are learning:

- To develop positive communication skills.

## Learning Outcome

Students will be able to:

- Understand the different types of communication
- Explore what it means to speak respectfully and listen attentively
- Practise assertive skills of speaking about feelings

## Resources

- [Dadirri Deep Listening Poster](#)
- [I Feel Activity Worksheet](#)
- [Take Home Worksheet: Positive Communication, Year 4](#)

## Lesson Plan

[PRINT LESSON PLAN](#)

### Learn

10 mins

#### Ask:

- What is communication?
- How can we communicate positively with others?

#### Explain:

- Positive communication is an important life skill that helps you build positive relationships with others.
- There are different forms of communication:
  - **Verbal communication:** When you talk and listen to a person (e.g. face-to-face, on the phone, online)
  - **Written communication:** When you write to a person (e.g. letters, texts)
  - **Nonverbal communication:** When you observe a person to understand their meaning. This could include body language. You display signs of listening, nodding, eye contact, and facial expressions.
- First Nations people practise Dadirri or 'deep listening'. Deep listening is listening with awareness and respect for yourself, others and the beauty of nature.
- Respectful speaking means being aware of what we are saying, how it feels to say it, and speaking with authenticity (being true to ourselves).
- Positive communication helps to grow our connections, which is part of practising mental fitness.

### Practise

10 minutes

#### Activity: Communication is Cool (Spinning Wheel)

- Students take turns, or the educator spins the wheel, and a positive communication prompt appears:
- **Our attitude.** Positive communication starts with our attitude; we need to be open and kind to others.
  - **Active listening.** When we actively listen to someone, we look at the person speaking, perhaps nod our head and encourage them to keep speaking, we ask questions, and we show respect and appreciate them.
  - **Be OK with emotions.** If people trust us, they will be able to express their emotions. They may tell us how they feel—maybe sad, lonely, or worried. We can help them feel better and find someone who can help.
  - Take turns to speak and listen. Positive communication occurs when both people have a chance to talk and to listen. Taking turns shows we respect what they have to say.
  - Use 'I' statements. 'I' statements are a respectful way to explain your feelings.

### Debrief

10-15 mins

**Note:** A **Deep Listening Activity Worksheet** can be found in the resource list.

#### Debrief questions:

- Do you notice other people's attitudes when they are speaking to you?
- What was easy and challenging about using 'I' statements?
- How did it feel to say what you needed?
- How would your relationships with friends change if you could express your feelings and be heard?
- What have you learnt about positive communication?

### Integrate

5 mins

Go through the take-home worksheet with your students and explain the activity they will complete with their families.

Communicate with parents and caregivers about the lesson and take-home worksheet — view our **Parent and Caregiver Communications resource** for examples.

[Take Home Worksheet: Positive Communication, Year 4](#)

### Solidify

10-15 minutes

#### Classroom Activity: Two Truths, One Trick

Randomly place students into groups or pairs, ask students to take turns saying two truths and one trick to each other and see if the others can guess which is a trick. Afterwards, ask the class what it felt like to say the truth to someone and what it felt like to tell someone a trick. A trick can be fun, but how do we feel if we believe people are lying to us? Were there non-verbal clues to help them guess which was the trick or when people lie?

## Positive Communication

We are learning:

- to develop positive communication skills

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What is communication?  
How can we communicate positively with others?

Positive communication is an important life skill. It helps us to build positive relationships. Respectful speaking and attentive listening help us to communicate in a positive way.



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## Communication is Cool

In this activity, spin the wheel and discuss what it looks, sounds, and feels like. You can even practise using 'I' Statements.



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### Knows

First Nations people practise 'Dadirri', which means deep listening. It is listening with respect and awareness—respect for yourself, for others, and for the beauty of nature. Dadirri is an ancient mindfulness that we still learn from today.



### Now let's discuss:

- Do you notice other people's attitudes when they are speaking to you?
- What was easy/challenging about using 'I' Statements?
- How did it feel to say what you needed?
- How would your relationships with friends change if you could express your feelings and be heard?
- What have you learnt about positive communication?

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Please take this sheet home and complete the activity with your family.



## Classroom Activity: Two Truths, One Trick

Work in small groups or pairs.

1. Take turns saying two truths and one trick. Can the others guess which one is a trick?
2. Now discuss as a class:

- How did it feel to say the truth to someone?
- How did it feel to say a trick to someone?
- Were there non-verbal clues that helped you to guess?



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