

Communication Skills

Practice Sheet For Kids



Name: _____

Help your kids practice properly the activities given below and enhance communication skills

Eye Contact:

Find a partner to practice making eye contact with.

Look into your partner's eyes for 10 seconds without laughing or looking away.

Switch roles and let your partner practice.

Listening Skills:

Sit facing your partner.

Share a short story or experience.

Practice active listening by nodding your head and making comments like "I see" or "That's interesting."

After your partner finishes, summarize what they said to ensure you understood.

Body Language:

Stand in front of a mirror and practice different body language poses.

Notice how your body language changes the message you convey.

Practice standing tall, arms uncrossed, and smiling.

Speaking Clearly:

Choose a tongue twister (e.g., "Peter Piper picked a peck of pickled peppers") and practice saying it slowly and clearly.

Focus on pronouncing each word distinctly.

Asking Questions:

Brainstorm a list of questions to ask a friend or family member about their day, interests, or hobbies.

Practice asking open-ended questions (questions that can't be answered with just "yes" or "no").

Expressing Feelings:

Think about a time when you felt happy, sad, excited, or angry.

Practice expressing those feelings using words.

Share your feelings with a friend or family member.

Reflection:

What did you find easy or challenging about each practice activity?

How did practicing communication skills make you feel?

Which skill do you think you need to work on the most?

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