

UNIT : 5 - Effective-Communication

Student Worksheet

How did you feel giving a compliment? Why?

How did you feel receiving a compliment? Why?

How often do you appreciate your friends and family members for the things they do for you?

How do you feel when your friends criticize you or say negative things about you? Why?

Can you think of ways in which you can use your good qualities to help your friends? How?

How does communicating properly help in developing better relations?

Note for the facilitator

This is an enjoyable exercise that produces good feelings in the group. You can use this opportunity to discuss the ways in which young people can help friends and empathise with them in difficult situations.

