

I CAN I AM



Challenge 1: Staying connected

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Learner name:

School/Centre name:

Teacher/Tutor name:

BEFORE YOU START THE 'STAYING CONNECTED' CHALLENGE...

Reflecting on your Communication Skills



Before the Covid-19 crisis – How well did you feel you could use your communication skills to 'stay connected' with others (family, friends, teachers, your community and so on)

Score yourself out of 10

During the Covid-19 crisis – How well do you feel that you have been able to use your communication skills to 'stay connected' with others

Score yourself out of 10

POWERUP YOUR COMMUNICATION SKILLS



Stay connected with the people that mean the most to you

INTRODUCTION TO THE CHALLENGE

Setting the scene for 'Staying Connected'

The current Covid-19 crisis has meant that your school/college and community clubs have closed. I am sure you feel that this has turned your world upside down as you are not able to communicate with your friends, your teachers and your family in the usual way and in particular you are not able to socialise as you would normally have done.

What you need to do to complete this challenge

For this challenge, you will explore how we connect with each other through different communication methods, and how these can influence your ability to 'stay connected' during this crisis.

To show that you can 'stay connected', you will need to plan, deliver and review the success of a social interaction or activity.

Reflecting on your development and experience

Once you have completed your social interaction or activity, you need to complete the **I CAN THRIVE: Reflecting on staying connected** section. This asks you to reflect on what you have achieved throughout the challenge, how it has developed your personal skills and how it has helped you stay connected with your community.

You need to complete this to achieve your 'Staying Connected' badge.

What is the outcome for you?

Through doing this, you will build and showcase your communication skills so that you can thrive in your pursuit of your personal goals whilst 'staying connected' with your community. On completion you will be awarded the 'Staying Connected' challenge digital badge so you can show what you have achieved.

Let's explore what it means to 'stay connected'...

PART 1: I CAN LEARN

The importance of strong communication skills to staying connected with others

Communication is part of everyone's daily routine. We all learn, teach, listen, watch and interact throughout our day with a range of people in our lives. Understanding the importance of each of the methods we use and why we are using them is therefore essential to learn, teach, listen, watch and interact with one and another.

This will help you stay connected with the people you care about and will strengthen your community especially during the current crisis.



When you give people ability to stay connected with all the people they care about, and you make it so they can express new things about themselves or in communication with other people who they care about, then you just open up new possibilities. You make it so people can stay connected in ways that they couldn't before.

Mark Zuckerberg

The impact of the Covid-19 crisis on your ability to communicate

This crisis has highlighted that you need to be flexible in the way you communicate with others. Seeking out alternative ways of communicating with those you care about in your community can enhance your ability to stay connected.

REFLECTION POINT

Think about and note down the ways that this crisis has affected your ability to get together and communicate with...

... your friends	
... your teachers or coaches	
... your family	
... your community	

Good communication vs. Bad communication

What does it take to communicate effectively? What do you need to do or be aware of to help someone else understand your message and vice-versa?

Communicating well takes a recipe of different ingredients – if one ingredient is not quite right, it could make it more challenging to get your message across, making it more challenging for others to be able to communicate with you.

So, what is the recipe for good communication?

GOOD COMMUNICATION	COMMUNICATION BEHAVIOUR	BAD COMMUNICATION
Using words, tones and other communication tools in a manner that is appropriate to the audience	Appropriate	Using words, tones and other communication methods that are not appropriate
Paying attention to others when they are communicating with you	Active listening	Not paying attention to someone you are communicating with
Using physical cues, gestures and directions to enhance your message or to acknowledge understanding	Body language	Not using physical cues, gestures and directions
Showing the audience what you want them to know or do	Demonstration	Expecting others to understand a message without demonstration
Seeking out information from others to better understand their message or needs	Questioning	Not checking information or asking for more detail
Giving fluent and clear messages	Articulate	Giving unclear and confusing messages
Expressing interest and passion about what you are communicating and in the communication of others	Passionate	Appearing bored or uninterested
Being concise in your communication, giving only the information that is needed	Succinct	'Waffling' – giving information that is not relevant
Adapting the above to suit the needs of those you are communicating with	Flexible	Sticking with one method even if it is not working

The impact of good communication and bad communication:

GOOD COMMUNICATION CAN LEAD TO...	BAD COMMUNICATION CAN LEAD TO
Understanding a person or a situation better	Creating misunderstanding of a person or a situation
Resolving differences between people or groups	Increases tension between people or groups
Better teamwork, even in when we are apart	Isolation and lack of the sense of team strength
Better problem solving and creativity	Poor problem solving ability and creativity
Building trust and respect	Building distrust and a lack of respect
Staying connected better with those we care about in our community	Poor connections with others and our community
Improvements in personal mental health and the mental health of others	Decline in personal mental health and the mental health of others
Being able to work with lots of different people in many ways	Feeling stuck and distanced from others

Communicating in a crisis

Covid-19 is having a massive effect on the way we communicate with each other. It is not just the message we are giving, but the way we deliver messages (our 'communication behaviours') is more important than ever.

Call out for support - Staying connected with your teacher/tutor

You are going to complete this challenge yourself, but your teacher/tutor is there to help guide you if you need support, ideas or someone just to bounce your ideas off.

Reach out to them at some point during this challenge to get their input. This will help you stay connected with your school/college or community club.

REFLECTION POINT

From the information above, you know what ingredients make communication good. Think about how you have used each behaviour during the current crisis, or how you have seen the communication being used by the media (e.g. news updates, Covid-19 briefings, on social media, etc.).

Then rank the behaviours from 1 to 9 by their importance to making sure the message was communicated effectively. 1 = most important, 9 = least important.

HOW HAVE YOU USED THIS WHEN COMMUNICATING WITH OTHERS DURING THE CURRENT CRISIS?	COMMUNICATION BEHAVIOUR (RANK 1-9)	HOW HAVE YOU SEEN THIS USED BY THE MEDIA?
	Appropriate	
	Active listening	
	Body language	
	Demonstration	
	Questioning	
	Articulate	
	Passionate	
	Succinct	
	Flexible	

POWERUP YOUR COMMUNICATION SKILLS



You now know how to adapt your communication to better stay connected

Good communication and mental health

If you can communicate effectively, you are better placed to manage your own mental health and potentially support others to manage their mental health as well.

1. Watch this video by Alex, a **YoungMinds** Activist

<https://youtu.be/LXD9lkaALMA>



What was good about the communication that was used?

Why is communication important to...
... improving own mental health?

... helping others to improve their mental health?

2. Now watch this video by **healthwatch** and think about the following questions

<https://youtu.be/SOxKM1yimpo>



What makes the communication relevant and appropriate for young people?

For the solutions that are presented (e.g. awareness sessions in schools), how might good communication make the solution more successful?

Think about your own situation or the situation of another, how could you use communication to better stay connected and improve personal mental health, or the mental health of another?

POWERUP YOUR COMMUNICATION SKILLS



Improve mental health by staying connected

The communication methods you currently use

TASK

Think about the different methods of communication you use on a day-to-day basis to keep you connected.

Using a separate app/piece of paper, create a mind map of the methods and specific types of communication you use when you communicate with the following people in your life, underline/highlight any new communication ways you have used during the current crisis:

- Family that you live with – you could split this into parents, carers, brothers and sisters
- Other family – this could be grandparents, uncles, aunts, cousins, and so on
- Friends
- Teachers
- Other people that are important to you in your communities – for example coaches, community groups, and so on

REFLECTION POINT

Look at the mind map you have created and answer the following:

What are the main things that jump out at you about the communication methods you use?

Which part of your mind map is the strongest for you? Why is it strong?

Which part of the mind map do you think needs the most work to improve? Why do you think this?

Is there a group that would benefit from you being able to communicate with them more than others?

Is there a need to try alternative ways of communicating with these people? What could these be?

Has any communication changed for the better due to the Covid-19 lockdown? Are there any communication methods that you would like to continue with post lockdown?

Connect with someone else

Now try talking to family and friends to explore if they use any other methods of communication not in your mind map to stay connected to people in their life. Add them to your mind map in a different colour or highlight it in some way.

What types of communication can you use?

There are lots of specific communication methods, but they will all typically fit into one of the following four categories:

- Face to face (e.g. a live presentation)
- Audio (e.g. a podcast)
- Visual (e.g. facial expression)
- Virtual (e.g. video call)

Use the following tables to list as many examples of these that you can think of, identify positives and negatives for each, and think about the ways you have used this in the past (e.g. you might have used a presentation to communicate with your teachers).

Try to think of the alternative communication methods you have tried, or that you think you might need to try, during this crisis.

Face to face (e.g.Presentation)

COMMUNICATION METHOD	POSITIVES	NEGATIVES	WHERE YOU HAVE USED THIS ALREADY

Audio (e.g.Podcasts)

COMMUNICATION METHOD	POSITIVES	NEGATIVES	WHERE YOU HAVE USED THIS ALREADY

Visual (e.g.Facial expressions)

COMMUNICATION METHOD	POSITIVES	NEGATIVES	WHERE YOU HAVE USED THIS ALREADY

Virtual (e.g.Video call)

COMMUNICATION METHOD	POSITIVES	NEGATIVES	WHERE YOU HAVE USED THIS ALREADY

POWERUP YOUR COMMUNICATION SKILLS



You know about alternative ways of communicating

PART 2: I CAN BUILD

Helping you plan your 'Staying Connected' challenge

You now need to think about what you are going to do for your social interaction or activity with others during the Covid-19 lockdown.

Before you plan your activity, here are two ideas that you can use to practice. They also give you an idea of the practical steps you need to consider making sure you can communicate effectively with your audience.

This will help you stay connected with the people you care about and will strengthen your community especially during the current crisis.

Mirror Drawing

- Identify someone to work with (family or friend maybe), Make sure you both have a piece of paper and a pencil each. Number yourselves 1 and 2
- Number 1 has one minute to draw a picture/pattern/random shapes on their paper without showing it to number 2.
- Number 1 then has 2 minutes to describe what they have drawn - number 2 must try to draw a replica
- There will be rules to abide by (e.g. no hand signals, neither can see their partner's paper until the end, you can't use the names of any shapes etc.)
- Once the time is up compare pictures to see how close you got to drawing a replica.
- Now try again with Number 2 drawing a picture

Cooking together 'in isolation'

You are now in charge of teaching your family or friends how to make a meal.

- Think of a food or meal that you can prepare (e.g. a sandwich, make a bowl of cereal)
- Select someone to be your audience - the person or people that will follow your instructions
- Ensure you and your audience have the ingredients and equipment you need for this
- Now you have to instruct this person on how to make your chosen food/meal.
- Notes - don't use something which has a recipe available. Remember to break things down, try to avoid things like "put the cereal in the bowl" and think about where the bowl is, where is the cereal, how much cereal do they pour, how do they pour?
- The audience must pretend they have not done this before and follow your instructions exactly

Extension ideas

- You could now try this activity using a different method, e.g. over the phone, video call
- Possibly try this activity with a different audience and see if you need to adapt your communication method
- You could try this with different activities - can you teach someone a dance move without seeing them and then use a different method of connecting to compare?

Things to think about

- Timings
- Process
- What do you need?
- Refection after the task
- What worked well?
- Was there anything you missed?
- How could you do it better next time?

Idea generation – Planning an activity or social interaction to deliver

Now it is time to come up with your own idea and create a plan for how you are you going to deliver it.

The communication methods you currently use

TASK

Create ‘idea clouds’ of the different social interactions or activities you might want to plan and deliver to complete this challenge. For each idea, think about and note down in an ‘idea cloud’ (an example is provided below):

1. What the idea is
2. Who this could be for (i.e. the audience)
3. What communication method you could use for this
4. What it would allow you to develop in your personal skills
5. How it might improve your community

Once you have 3 or 4 ideas, decide on the one that is most important to you and/or what will help you showcase your skills best. Then move on to the planning stage.



Your 'Idea Clouds':



1. What the idea is
2. Who this could be for (i.e. the audience)
3. What communication method you could use for this
4. What it would allow you to develop in your personal skills
5. How it might improve your community

Planning your chosen social interaction or activity

To show that you can ‘stay connected’, you will need to plan, deliver and review the success of a social interaction or activity. Here is a template that you can use. Think about using an alternative communication method to one that you would ‘normally’ use to connect with someone.

What are you going to do through the social interaction or activity?	
Why are you doing this?	
When are you going to do this?	
What communication method(s) will you be using?	
Who (the person, people or group) are you going to run the social interaction or activity with? Why?	
What do you want to achieve...	
... in the development of your personal skills?	
... for the person/people involved?	
... for your community?	
What resources, equipment or other items do you and the others involved in this need to have?	

POWERUP YOUR COMMUNICATION SKILLS



Take control of how you communicate with others

PART 3: I CAN THRIVE

'Reflecting on staying connected'

It is now time to put your plan for the Staying Connected challenge into action and deliver your social interaction or activity with the person or people you want to 'stay connected' with. Once you have delivered the social interaction or activity complete the reflection tables below.

ABOUT THE SOCIAL INTERACTION OR ACTIVITY YOU DELIVERED		
POSITIVES	What worked well?	
	What did the other person or people enjoy about it?	
	What are you most proud of achieving?	
THINGS TO WORK ON	What did not go as planned?	
	How did you address or overcome this?	
	Would any other communication methods have changed the result?	
DOING THINGS DIFFERENTLY	What would you change for next time?	
	What will you adopt from this in the future?	

ABOUT YOUR ACHIEVEMENTS THROUGH THIS CHALLENGE

I HAVE LEARNED	What are the top three things you have learnt about your ability to 'stay connected with others'	
I CAN BUILD	What are the top three things you have built that have impacted your personal skill development	
I CAN THRIVE	What are your three greatest personal skill developments through this challenge that will help you thrive in the future	
	What three things do you now feel you can show through the personal skills you have used for this challenge	
How will this allow you to impact your community		

POWERUP YOUR COMMUNICATION SKILLS



Use and celebrate your newly tested communication methods experience to help you and your community thrive now and in the future

CONGRATULATIONS!

Now have you completed the 'Staying Connected' challenge

Use the space below to sum up how your have improved your communication skills through this challenge. Please also score your communication skills after completing this challenge?



Score yourself out of 10

Congratulations you have completed this challenge and achieved your 'Staying Connected Badge'

Tutor Comments (optional)



Take on another challenge!

ICAN
IAM

