

## Lesson 5: Finding Your Communication Style

The purpose of this lesson is to provide students with an overview of different types of communication styles and identify which is their most prevalent style.

### OBJECTIVES

- Students will be able to identify two of the three different types of communication styles discussed.
- Students will be able to say the communication style with which they most identify.

### MATERIALS NEEDED

Student Portfolios  
Stacks of 3x5 cards  
Measuring Tape  
Anger Management clip (available on Ignite Materials Flash Drive)  
Aladdin clip (available on Ignite Materials Flash Drive)

### LESSON OUTLINE

#### Instructional Activities (40 minutes)

1. Inform class that we will be discussing communication styles during today's session.
2. To introduce the topic, show the video clip "Rage on a Plane" from *Anger Management*. Be sure to hit stop on the video clip after the judge gives her verdict.
3. Once the clip is done, ask students "Was this a good or bad example of effective communication?" Students should identify that this is an example of bad communication.
4. Review the definition of communication style.
  - a. **Communication Style:** an individual's preferred way of communication.
5. Discuss with students past situations they have had with bad communication. For example, times where there have been miscommunications or someone has asked you to change your tone of voice.
6. Many things play into communication. As you are discussing the following things, be sure to give examples. For example, as you are explaining various tones of voice, be sure to change your voice.
  - a. Tone of your voice
    - i. Are you being serious? Silly? Sassy?
    - ii. Do you remember the different tones you heard in the movie clip? Stewardess: annoyed; security: stern
  - b. Body language
    - i. Are your arms crossed? Are you facing the person you are talking to? Smiling? Frowning?

- ii. What body language did you see in the movie clip? Stewardess: closed curtain hastily. Adam Sandler: touched stewardess' arm.
  - c. What you are wearing
    - i. Uniform? Pajamas? Well-kept? Dirty?
    - ii. What were people wearing in the movie clip? Security: badge; stewardess: uniform; Adam Sandler: casual/clean
  - d. Words you choose
    - i. Powerful words: always, never, hate, demand
    - ii. Gentler words: sometimes, dislike, request
- 7. You should always be aware of how you are presenting yourself in a conversation. If you feel that the conversation isn't going well, evaluate yourself and see if there is something you can change to make the conversation go smoother. You should evaluate your tone, body language, word choices, etc.
- 8. Introduce the three main types of communication styles to students: (Before giving the definition, see if students already can define these.)
  - a. **Passive:** avoids difficult situations, goes with the flow, often quiet and reserved.
  - b. **Aggressive:** ready or likely to attack or confront a situation. Lets their voice always be heard loudly.
  - c. **Assertive:** lets their voice be heard in a respectful, nice manner.
- 9. Tell students: We now will be watching a video clip from *Aladdin*. While you watch the "Genie Transforms Aladdin" clip, I want you to think about who is being passive, aggressive, and assertive.
- 10. After watching the clip, ask students: Who is being aggressive? (Genie) Assertive? (Aladdin) Passive? (Apu) Then ask students:
  - a. How was Genie being aggressive? Very loud, took charge, over the top body language.
  - b. How was the Aladdin being assertive? Clearly and respectfully made his request for his wish.
  - c. How was Apu being passive? Not saying anything.
- 11. Ask students to think about if their communication style ever changes. Do they speak the same way at school as they do at home? Do they talk different to their parents and teachers than their friends?
- 12. Have students identify their main or preferred communication style.
- 13. Hand out student portfolios and log your communication style on page 15.
- 14. We can use different team building games to work on building our communication styles. Today we will be building a tower in small groups. The tower must be as tall as your group can make it and can be constructed only out of 3x5 cards. You can build it on a desk, chair, or the floor. You can fold, crumple, or tear the cards, but you cannot use anything else in the making of your tower. You will have to communicate with your team to build a successful tower.
- 15. Break class into groups of 3 or 4 and give them a stack of 3x5 cards to work with.
- 16. Students can take as much time as needed to build a successful tower. The winning team will have constructed the tallest tower without it collapsing.
- 17. Once teams have built their tower, have a discussion on how communication styles play in to working as a team. Did you just do as you were told? Can a leader be aggressive or assertive?

### Lesson Wrap Up (5 minutes)

1. Have students complete the "Now I know..." section in their student portfolio for this lesson.