

Objective

By the end of this lesson, Mason will have a better understanding of effective communication and social skills through engaging activities. He will learn how to express himself clearly, listen actively, and understand non-verbal cues, which will help him in social situations.

Materials and Prep

- Notebook and pen/pencil for taking notes
- Timer (can use a phone or watch)
- Space to move around for role-playing activities
- Optional: Mirror for practicing facial expressions

Before starting the lesson, it's helpful to discuss with Mason what he already knows about communication and social skills. This will help tailor the activities to his interests and knowledge level.

Activities

- **Role-Playing Scenarios:**

Mason will act out different social situations, such as introducing himself to a new friend or resolving a conflict. This will help him practice his verbal and non-verbal communication skills in a fun way.

- **Active Listening Exercise:**

In pairs (you can participate too!), one person shares a story while the other listens. Afterward, the listener must summarize the story to show they understood. This activity emphasizes the importance of listening in communication.

- **Facial Expression Charades:**

Mason will take turns making different facial expressions while the other person guesses the emotion. This helps him learn about non-verbal cues and how to express feelings through body language.

- **Communication Bingo:**

Create bingo cards with different social scenarios or phrases. As Mason encounters these situations throughout the week, he can mark them off. This will encourage him to notice and engage in social interactions more actively.

Talking Points

- "Communication is like a bridge that connects us to others. The better we communicate, the stronger the bridge!"
- "Active listening means paying full attention to someone when they are speaking. It shows you care about what they are saying!"
- "Did you know that most of our communication is non-verbal? That means our body language and facial expressions are just as important as the words we say!"
- "Practicing different social scenarios helps us feel more comfortable when we encounter them in real life. It's like rehearsing for a play!"
- "Every time you try to communicate, you're learning and improving. Mistakes are just stepping

stones to becoming a better communicator!"