

Life Skills Course One 2018 Social and Communication Skills

	Topic	Areas covered
1	Introduction	A chance to get to know other members of the group through activities. Fill in some paperwork needed for the course.
2	Communication - Eye contact Personal space	Eye contact- understanding its purpose and use - Strategies to help when eye contact is difficult. Personal space- What are the general rules- When might the rules need to be broken. How to protect your personal space. Recap session learning outcomes
3	Communication -Conversation Skills.	Review learning from last session The purpose of a conversation. Appropriate and inappropriate topics to talk about. Starting a conversation. Skills such as - moving the conversation forward, turn-taking, showing you are listening, use of questions, knowing when the conversation is over. Recap session learning outcomes
4	Communication -Body Language	Review learning from last session Understanding what body language is. Identifying different types of body language. Identifying different facial expressions. Recap session learning outcomes
5	Relationships -Different types, specifically focusing on friendships.	Review learning from last session Identifying different types of relationships that we have in our lives. Identifying what makes a good friend and how they should behave. How to make and maintaining friendships. Dealing with conflict within a friendship. Recap session learning outcomes
6	Relationships - Continuation of friendships	Review learning from last session Identifying genuine friends. Strategies to help with dealing with difficult situations within friendships. Mate crime. Recap session learning outcomes
7	Practical applications and activities of information learnt.	Review learning from last session
8		Activities to be chosen by students. Example of examples of activities that we could do are:
9		<ul style="list-style-type: none"> • Learn relaxation exercises that could be put into practice at home. • Go to an informal setting such as a café to put our communication and conversation skills into practice. Recap learning outcomes
10	Closing session	Celebration and reflection of achievements. Complete end of course paperwork.