

ACTIVE LISTENING

Senior (10 Days) / Junior

Avoid **GABS** – Use your **EAR**

Grab glory

Expressions

Advise

Attentive physiology

Belittle

Restate important information

Side-step

One communication tool taught at SuperCamp has nothing to do with talking, yet it is a key to building and enhancing relationships. *Active listening* will improve communication and relationships by building mutual understanding and trust. Use these listening skills to improve communication with your child.

In addition to avoiding GABS and using your EAR, a good listener . . .

- Sits facing the person they're listening to with an open, available posture
- Maintains good eye contact
- Gives encouragement (nods, u-huhs, etc.)
- Reflects feelings and content
- Shows empathy

AFFINITY ACTIVITY

Senior (10 Days) / Junior

Enhancing Relationships

One of the communication tools we use at SuperCamp to build or enhance relationships is called the *Affinity Activity*.

All ages benefit from sharing an aspect of themselves and learning more about the thoughts and feelings of others. To enhance communication with your child, we recommend trying this exercise. Here's how it works:

Ask each question once and respond to the reply with "thank you." Each person has an opportunity to ask the series of questions three times. From this base of experience further conversation can occur.

Affinity

✿ Tell me something I don't know about you.

✿ Tell me something you like about me.

✿ Tell me something we may have in common.