

# Let's Communicate

Communication techniques are extremely important. We must work with clients to learn new healthy and appropriate ways to express their feelings. This activity provides a new technique that can be utilized with teachers, families and peers. Clients will learn how to use drawings/words to describe stressors.

## Materials:

- Paper
- Writing Utensils
- Color pencils/crayons/markers

## Complete the Activity:

**Step 1:** Prior to the session, the therapist will create messages with pictures (no words).



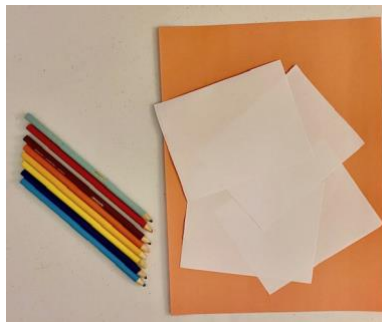
**Step 2:** Once the client enters the session, ask them to describe the pictures. What is the purpose of the pictures? What is the illustrator trying to communicate? Process these thoughts.

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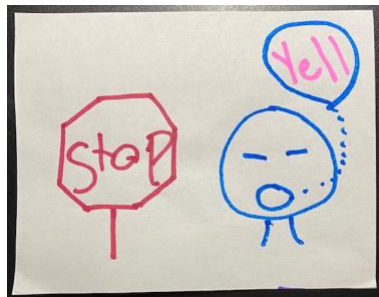
**For the therapist-** Did the client figure out the messages? Did they correctly understand the content? If they struggled, create a plan to help them understand.

**Step 3:** Provide the client with materials and encourage them to draw 3 messages.

(Allow the client to describe their emotions or communicate a want/need.)



**Step 4:** Now, the clinician will take a turn to describe the client's messages.



**For the therapist-** Did you, the clinician, understand the messages? Did you comprehend the client's descriptions? Did the client describe their needs and wants in healthy ways? Will the client need assistance communicating with others?



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**Step 5:** Process the importance of healthy communication in our lives. Discuss how words/pictures can be interpreted in various ways depends on the individual. Explain how important it is to be very explicit in the communication so that others will have a proper understanding.

**Step 6:** Problem-solve a plan to integrate this coping skill at home.

i.e. I will breathe deeply first, draw out my emotion and communicate with my parents.

## End of Activity options:

- Encourage the client to express 1 feeling a day by picture to their family member.
- Instruct the client to practice using their new communication skill that they role-played.

## Quick clinical tags to add to your notes:

- Provided coping skills to help the client communicate appropriately
- Role-played/modeled positive social behaviors
- Worked to replace negative expression with positive ones.