

Last week, we talk about 4 steps to fight. Do you remember? Can you apply in your daily life?

Now, let's review again! Please take out your book and turn to page 107, 108. Look at your book carefully!

Step 1. Find out the problem.

That means, find out the reason behind the fight. Reasons include bad emotion, different point of view, lack of Empathy.

Step 2: think about each other's feeling and thought. We have to check other's thought, so we can understand your friend well. So notice other's feelings is very important.

When we know ourself, we can understand what other people thinks.

No. 3 step into his shoes

In this step, it's important to stop the fight. It's also the most hard part. Not only we need to explain to him clearly, but also we need to use what we learned before. All the communication skills.

There are 4 communication skills. what are they?

(Two way communication. One way communication. Less conflict. Empathy.

No. 4 take action

In our book, it's I message.

If you want to have a good communication, use more "I message", other people will not think you are blaming her/ him. They will feel better.

(我訊息：我+事件、感受、期待 I+ event . Feeling . Expectations)

Or you can use nonverbal communication skills: play basketball, have lunch.

Now teacher Spider gives you some examples.

Now every team pick one problem and discuss .

**Before the discussion, Teacher Spider will show you a video, to help you understand how to discuss.

Team _ can you give us an example?

Please use these communication skills this week (in your life), and take action. We will discuss and See if you solve the problem in our next class. What are the reasons / keys you fail or success of communication?

三 應用活動

Good communication can be a valuable personal asset, use it properly, you can have good interpersonal relationship.

四、情境脈絡

1.How to talk is important

2.Don't lose people's heart because of your mistakes.

3.Language is a tool for communication. Good communication is very important.