

# Healthy Alternatives for Little Ones In-Class Activities

## Lesson 4: Communication

This week we are learning about **verbal and non-verbal communication**. Here are some activities you can do with your class to reinforce this week's HALO lesson!

### Pass It On

This activity encourages children to listen closely to their peers and relay a message clearly. Children will become better communicators with practice!

**Materials:** Space for children to sit in a circle.

**Directions:** Have children sit in a circle. Have one child think of a secret they want to tell their classmates. Have the child whisper the secret in the ear of the child sitting next to them. Now, that child will whisper the secret to the child on their other side. This process continues until the secret has reached the final child. That child will tell the group what they were told. This game emphasizes the importance of careful listening and speaking clearly for effective communication.

### Show and Tell

This circle time activity will help children practice verbal communication and listening skills.

**Materials:** Space for children to sit in a circle.

**Directions:** Have each child bring in an item (toy, book, etc.) that is special to them (alternatively, children could choose an item from the classroom). Each child will stand in front of the others and describe what they brought to Show and Tell and why it is important to them. The teacher may also prompt the discussion with questions about the Show and Tell item.

### What's Going On?

This circle time activity will help children practice verbal communication and listening skills.

**Materials:** Any picture book.

**Directions:** During circle time, have children come to the front of the class one at a time. Show the child a picture from the book and have them describe the scene to their classmates. Have them describe the scenery, the colors, the people, animals, etc.

