

Lesson 6: Art of Communication

NC HEALTHFUL LIVING STANDARD GOAL

- 6.ICHR.1 Use skills for communicating effectively with family, peers, and others to enhance health.

NC HEALTHFUL LIVING STUDENT OBJECTIVE

- 6.ICHR.1.2 Demonstrate the use of verbal and nonverbal communication skills.

MATERIALS NEEDED








- Laptop: 1 per student
- Dry erase vinyl sleeves or mini whiteboards: 1 per team of 4
- Dry erase markers: 1 per team of 4
- Communication Counts content mindmap
- Upbeat, age-appropriate lyrical music
- Instrumental music for background ambience
- Block Party Cards <https://edushare.org/58>
 - 12 colored blocks per team of 4 (2 red, 2 green, 2 yellow, 2 blue, 2 purple, 2 orange)
 - Substitute small colored sheets of paper for blocks

LESSON PREPARATION CHECKLIST

- Test the reflective video reel to ensure the link is working properly.
- Be sure the Communication Counts mindmap and Health READY café project-based assignments can be accessed by students.
- Arrange the classroom by grouping desks or using tables to form clusters that seat 2 to 4 students per team.
- Place team roles and the exit ticket sign in an acrylic sign holder at each table or desk cluster to keep materials visible and organized.
- Print the block party cards and place each one inside a numbered envelope (1-16).
- Create 12 block sets (two of each color) for each team and place them in ziplock bags.
 - OPTION: Label each colored block with the first letter of its color to help all students easily distinguish between the six colors.

LITERACY INTEGRATION

The following symbols indicate where literacy integration appears within the directions:

-  Reading Materials: Engaging with real health texts
-  Academic Language & Vocabulary: Key terms in action
-  Comprehension, Discussion, Writing: Talk and write it out
-  Knowledge Building: Strengthening content connections
-  Writing: Purposeful, creative, or reflective writing
-  Engagement: Fun, hands-on learning
-  Observation & Assessment: Checks for understanding

LESSON DIRECTIONS

Set the tone with music

- Play upbeat, age-appropriate lyrical music that is kid-friendly to create a positive mood of happiness, joy, and fun as students enter the classroom.

LAUNCH Select team roles

- Have each group assign their daily team roles: Coach, Statistician, Team Manager, and Athletic Trainer.

Play the reflective reel 🎥

- Show the bell ringer reflective video for the day to spark thought and discussion.

Respond and discuss 💬

- Have students respond to the reflective prompt or question and discuss their thoughts within their teams.

Team sharing ...

- Ask the team statisticians to share a summary of their group's responses with the class, using "Someone said..." statements.

LEARN Watch the Content Video

- Watch the video "The Art of Communication" to introduce students on how communicate effectively.

Introduce the content mindmap 📌💬

- Project the Communication Counts content mindmap on the screen and guide a discussion by highlighting the key information.

Health On the Go! activity 🏃📌💬

- Follow the step-by-step directions for the "Block Party" Health on the Go activity located after the lesson instructions.

Health READY Café 📌💬🎯

- Introduce students to the Health READY Café, where learning is served with choice and purpose!
- Let them know they'll be "ordering" from the Health Menu—a variety of project options designed to earn course credit while building real-life health skills.
 - Explain the menu
 - 🥗 Appetizers: Collecting and understanding health information
 - 🍝 Entrées: Applying health skills in real-life situations
 - 🍰 Desserts: Evaluating and reflecting on health skills
 - Students may choose which menu items they want to complete for course credit.
- Give students time in class to work on their selected Health Menu projects. Encourage them to stay curious, creative, and intentional in what they choose to "order."

REFLECT Wrap up with an exit ticket 📌

- Have students complete their exit ticket to reflect on what they learned before leaving class.

Block Party

NATIONAL HEALTH STANDARD SKILLS

- Use interpersonal communication skills to support health and well-being of self and others.

MATERIALS NEEDED

- Block Party Cards
<https://edushare.org/58>
- 12 colored blocks per team of 4
 - 2 red
 - 2 green
 - 2 yellow
 - 2 blue
 - 2 purple
 - 2 orange
 - Substitute small colored sheets of paper for blocks

PREPARATION

- Print the block party cards and place each one inside a numbered envelope (1-16).
- Create 12 block sets (two of each color) for each team and place them in ziplock bags.
- Label each colored block with the first letter of its color to help all students easily distinguish between the six colors.

STUDENT EXPLANATION

Effective communication is key to building strong connections with others and making sure your message is understood.

When you are giving directions or sharing information, being clear and concise helps avoid confusion and makes it easier for others to follow along.

At the same time, effective communication is not just about talking; it is also about listening. Actively listening to others shows respect and helps you understand their perspective, which is essential for any great conversation or teamwork.

Today, you will practice strengthening both sides of communication to help you succeed in all areas of life!

ACTIVITY DIRECTIONS

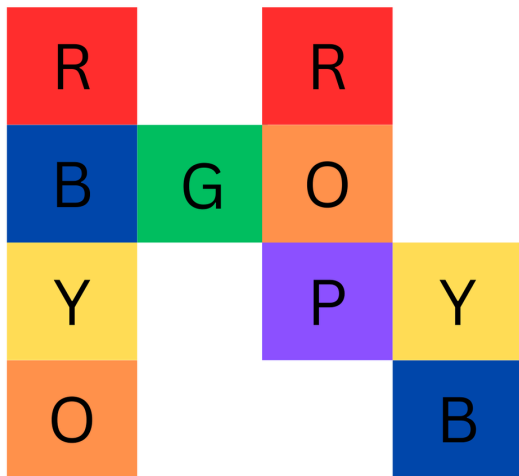
- Organize students into teams of 3-4 members each.
- Provide each team with 12 colored blocks. Ensure each set includes:
 - 2 green blocks
 - 2 red blocks
 - 2 blue blocks
 - 2 purple blocks
 - 2 yellow blocks
 - 2 orange blocks
- Position the Block Party Card patterns away from the teams. Suitable locations include against a side wall or at a distance that requires movement to view the patterns.
- Each team selects one member to act as the "engineer."
- Tell students, "An engineer designs and plans structures like buildings, houses, bridges, and other projects, working closely with project managers to ensure their designs are executed effectively."

Block Party

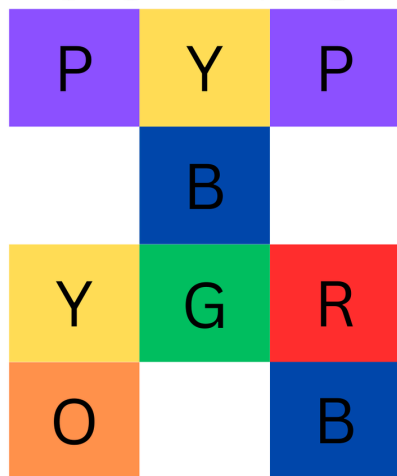
ACTIVITY DIRECTIONS Continued

- The engineer's responsibility is to guide their team in replicating the designated block pattern to successfully build their structure.
- Assign a block party design to each engineer.
- Engineers are prohibited from physically interacting with the blocks. This includes pointing at or touching the blocks.
- Each engineer runs to their assigned block pattern, memorizes the layout, and then returns to their team to provide verbal instructions on how to replicate the pattern.
- Team members follow the engineer's directions to assemble the blocks into the correct pattern.
- Engineers are permitted to make multiple trips to view their pattern, ensuring they can give accurate and helpful directions to their team.
- Once a pattern is successfully replicated, the team selects a new engineer and prepares to replicate a new block pattern. Repeat the process for each new pattern and engineer.
- Block Party Tips:
 - Encourage clear and concise communication from coaches.
 - Foster teamwork by having team members actively listen and collaborate on solving the pattern.
 - Ensure fairness by rotating the coach role, giving each team member a chance to lead.

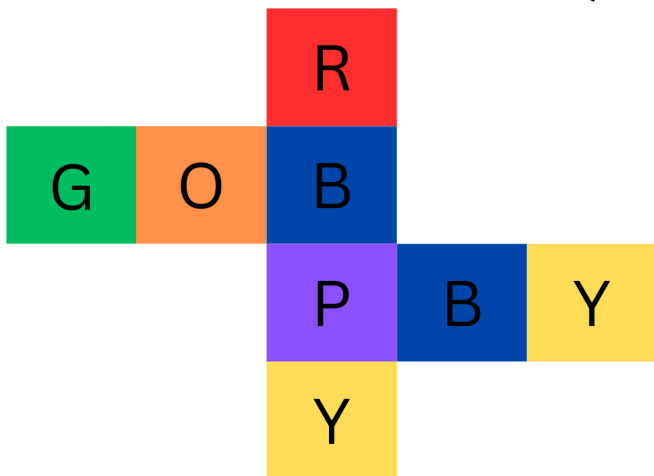
Block Party



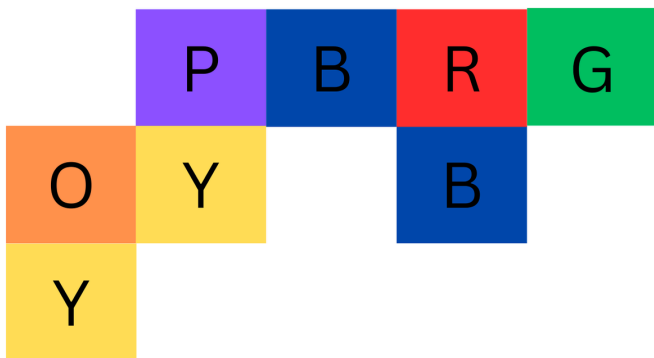
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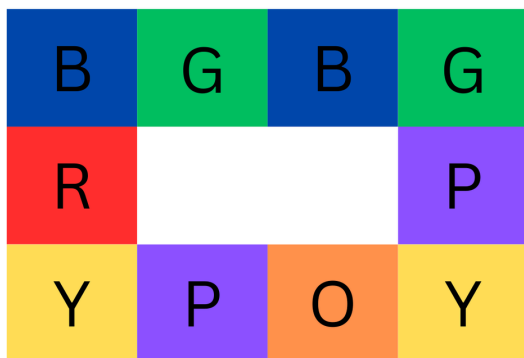
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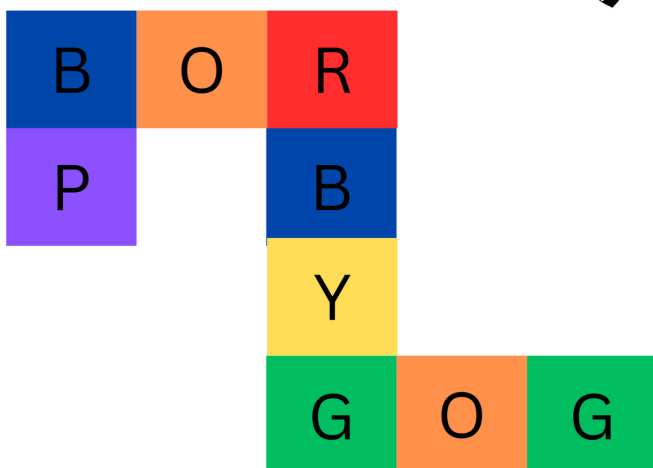
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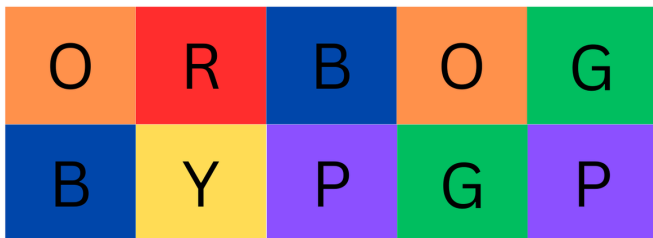
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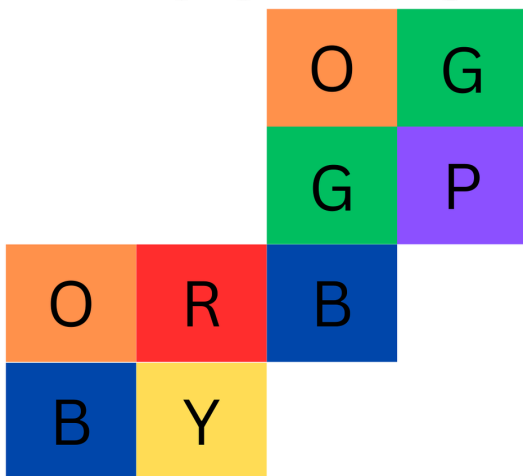
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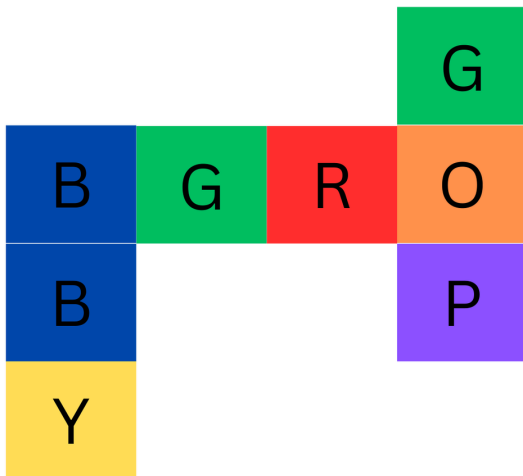
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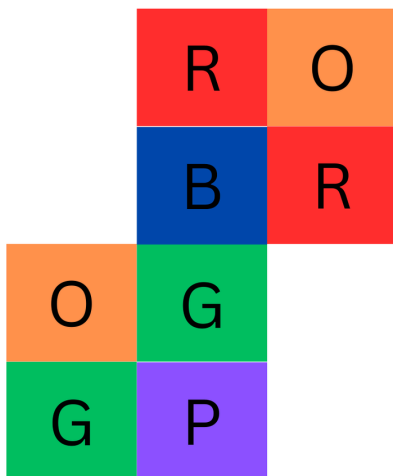
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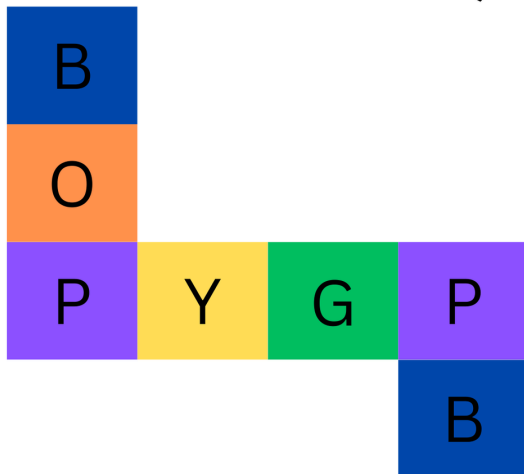
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Block Party



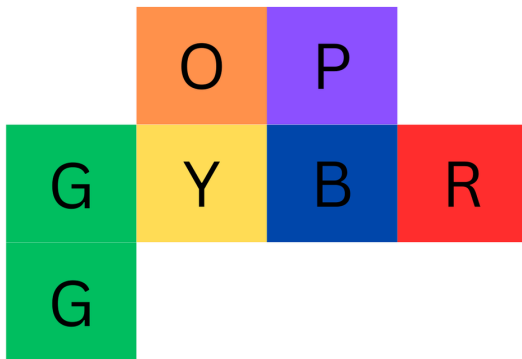
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