

Social Living Curriculum #2

Topic 1

- Group Rules
- Introduction to the group and review of group protocol
- Goal statements: Go around the room and each member states what they hope to take away from the group and the goal they wish to work on in relation to social living skills
- Guided socialization: Pair up members and encourage socialization with the goal of learning something new about their partner, even if it is their name. (10 minutes) Part 2, swap pairs and repeat. (10 minutes)

Topic 2

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Warm up: "Introduce Yourself." Discuss how members did this. Did you mention your name? Shake hands? Make eye contact? Smile? (5 minutes)
- Activity: "Ice Breakers #1: Members using ice breakers prompting sheet in order to get to know each other. (10minutes)
- Discussion: "What was your experience of this?" Name a few things you noticed that were socially appropriate while interacting with your peers. Name a few things that you noticed were not socially appropriate. (5-10minutes)
- Guided socialization: Members are placed randomly in pairs and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10 minutes)
- Wrap up: "What did you take away from today's group? (2-5 minutes)

Topic 3

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Warm up: "Introduce Yourself." Discuss how members did this. Did you mention your name? Shake hands? Make eye contact? Smile? (5 minutes)
- Activity: "Ice Breakers #2: Members continue using ice breakers prompting sheet in order to get to know each other. (15minutes)
- Discussion: "What was your experience of this?" Name a few things you noticed that were socially appropriate while interacting with your peers. Name a few things that you noticed were not socially appropriate. (5-10minutes)
- Guided socialization: Members are placed randomly in pairs and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your

partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10 minutes)

- Wrap up: "What did you take away from today's group? (2-5 minutes)

Topic 4

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Activity Part 1: "Conversation Skills." Members take time to complete worksheet and discuss their response to such. (5-10 minutes)
- Activity Part 2: Using the Conversation Skills worksheet, members are prompted to practice these skills in general conversation over the next few minutes. Members are asked to be mindful of their anxiety while doing such. (10 minutes)
- Discussion: "What was your experience of this?" Name a few things you noticed that were socially appropriate while interacting with your peers. Name a few things that you noticed were not socially appropriate. (5-10minutes)
- Guided socialization: Members are placed randomly in pairs and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10 minutes)
- Wrap up: "What did you take away from today's group? (2-5 minutes)

Topic 5

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Activity Part 1: "Active Listening Skills." Members take time to complete worksheet and discuss their response to such. (5-10 minutes)
- Activity Part 2: Using the Active Listen Skills worksheet, members are prompted to practice these skills in general conversation over the next few minutes. Members are asked to be mindful of their anxiety while doing such. (10 minutes)
- Discussion: "What was your experience of this?" Name a few things you noticed that were socially appropriate while interacting with your peers. Name a few things that you noticed were not socially appropriate. (5-10minutes)
- Guided socialization: Members are placed randomly in pairs and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10 minutes)
- Wrap up: "What did you take away from today's group? (2-5 minutes)

Topic 6

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Activity: "Two People in Common." Using the provided worksheet, find two people in the room that have something in common. (10-20 minutes)
- Discussion: "What was your experience of this?" Name a few things you noticed that were socially appropriate while interacting with your peers. Name a few things that you noticed were not socially appropriate. (5-10minutes)
- Guided socialization: Members are placed randomly in pairs and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10 minutes)
- Wrap up: "What did you take away from today's group? (2-5 minutes)

Topic 7

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Activity: "Get to Know Me." Members complete this worksheet on their own. (5 minutes). Members are grouped into trios and share their answers with each other. Members are encouraged to respond to their peers and relate as to whether they share something similar. (10-15 minutes)
- Discussion: "What was your experience of this?" Name a few things your peers did well to encourage ongoing discussion and talking. Name a few things you feel they could improve upon. (5-10minutes)
- Guided socialization: Members are placed randomly in pairs and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10 minutes)
- Wrap up: "What did you take away from today's group? (2-5 minutes)

Topic 8

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Activity: "What Do You Think Others Think of You?" Members complete this worksheet independently. (10 minutes).
- Share together as a group portions of the worksheet and the feelings associated with it. (5 minutes)
- Discussion: "What was your experience of this activity overall?" (5 minutes)
- Guided socialization: Members are placed randomly in pairs and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your

partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10-15 minutes)

- Wrap up: "What did you take away from today's group?" (2-5 minutes)

Topic 9

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Activity: "Are You Like Me?" Members complete this worksheet independently. (5-10 minutes)
- Activity Part II: After all questions answered, members are instructed to go around the room, and compare answers with peers. Then, write down how many answers they have in common with peers. The goal is to try and find the one person in the room that has the most in common. (10-15minutes)
- Share: Members are instructed to share and talk to the group about who they had the most in common with and what was that like for them.
- Discussion: "What was your experience of this activity overall?" (5 minutes)
- Guided socialization: Members are placed randomly in pairs and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10-15 minutes)
- Wrap up: "What did you take away from today's group?" (2-5 minutes)

Topic 10

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Activity: "Meeting New People." Part I: Members complete worksheet independently. (5-10minutes)
- Activity Part II: After all answers are complete, members are broken into pairs to share their answers. Members are instructed to pay attention to the things that make them anxious while talking about their worksheet. They are encouraged to make note of their anxiety levels and how they manage to stay with the activity and in the moment with their partner. (10-15minutes)
- Discussion: "What was your experience of this activity overall?" (5 minutes)
- Guided socialization: Members are placed randomly in groups of three and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10-15 minutes)
- Wrap up: "What did you take away from today's group?" (2-5 minutes)

Topic 11

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Activity: "Meeting New People Part 2." Members are instructed to stand up and look around the room. They're then instructed to find the person they know the least about and introduce themselves. After that, they're instructed to begin a conversation with this person. They're permitted to discuss any topic they like as long as it is "appropriate." (10minutes).
- Activity Part 2: Members are then asked what they learned about each other and queried about whether the conversation and questions were appropriate. Members are then encouraged to discuss what "appropriate" means to them and how they applied what they know about boundaries while meeting a new person.
- Guided socialization: Members are placed randomly in groups of four and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10-15 minutes)
- Wrap up: "What did you take away from today's group?" (2-5 minutes)

Topic 12

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Activity: "You Don't Say." Members are broken up into pairs. Each member choses a slip of paper from a "hat." On each paper is a topic/item that clients ARE NOT permitted to talk about during their conversation. Members are instructed to converse with their partners about anything other than what's written on the papers. (10minutes).
- Activity Part II: Partners are switched and papers back into the hat. Members are paired up again and chose different topics. Again, members are instructed to engage in conversation about anything EXCEPT what is on the paper. (10minutes).
- Discussion: "What was it like to be limited in what you were permitted to talk about?" Members are encouraged to talk about their experiences.
- Guided socialization: Members are placed randomly in groups of three and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10-15 minutes)
- Wrap up: "What did you take away from today's group?" (2-5 minutes)

Topic 13

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Activity: "Communication Building Blocks." Members are broken up into pairs. One person describes the image in the box, the other attempts to draw it without seeing it. The

purpose is to improve verbal communication skills and clarity. Members then share the image and compare the closeness to actual image. Discuss where communication succeeded and broke down. (10-15minutes).

- Activity Part II: New partners are chosen and follow the same as above. (10-15minutes).
- Discussion: "What was your experience of this exercise?" "What did people do well? What do they need to work on?" Members are encouraged to talk about their experiences.
- Guided socialization: Members are placed randomly in groups of three and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10-15 minutes)
- Wrap up: "What did you take away from today's group?" (2-5 minutes)

Topic 14

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Activity: "Actually..." Members are given a worksheet and are instructed to make assumptions about the person to their right. They will base their guesses solely on first impressions. (10minutes)
- Activity Part II: Members are broken up into trios in order to discuss the correct answers to these questions and get to know their peers.
- Discussion: "How do assumptions help/hinder the beginnings of relationships?" Members are encouraged to talk about their experiences.
- Guided socialization: Members are placed randomly in groups of three and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10-15 minutes)
- Wrap up: "What did you take away from today's group?" (2-5 minutes)

Topic 15

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Activity: "Social Bingo." As a group, members play a game of Social Bingo. Bingo cards and numbers are prepared ahead of time. One volunteer acts as the "caller." If number is chosen, you must complete the action on your score card. (20 minutes)
- Discussion: Members are encouraged to talk about their experiences.
- Guided socialization: Members are placed randomly in groups of three and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10-15 minutes)
- Wrap up: "What did you take away from today's group?" (2-5 minutes)

Topic 16

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Activity: "Mingling." Members are given the prompt that they are at a social gathering with people they do not know. The "party" involves some food items and beverages. Members are given "Hello my name is..." name tags. During this activity, members are instructed to mingle with each other while paying close attention to topics that are appropriate/inappropriate, actions/gestures, etiquette etc. Alternative to the "pretend" party is hosting a mock-party that includes food and beverages. (20 minutes)
- Discussion: "What was the most difficult part of this exercise? What was the easiest? What were some instances that members acted well? What are some things that need improvement?" Members are encouraged to talk about their experiences. (10minutes)
- Guided socialization: Members are placed randomly in groups of three and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10-15 minutes)
- Wrap up: "What did you take away from today's group?" (2-5 minutes)

Topic 17

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Activity: "Silent Slide Story. Part I." Begin this meeting by providing group with blank paper and pencils/markers/crayons. The group is prompted, "If you could set your life story to a song, what would it be?" (5 minutes)
- Activity Part II. Members are instructed to create at least 25-30 slides that tell their life story, or a part of their life story that they would like to share. (20 minutes)
- Activity Part III. Members share their slides with the group silently, or if they have it readily available, set to music.
- Discussion: Members are encouraged to talk about their experiences of this activity. What was most difficult? What was easiest?

Topic 18

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Part I. Guided socialization: Members are placed randomly in groups of three and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10-15 minutes)

- Part II. Guided socialization. Members are placed into new groups. Members are placed randomly in groups of three and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10-15 minutes)
- Wrap up: "What did you take away from today's group?" (2-5 minutes)

Topic 19

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Part I. Guided socialization: Members are placed randomly in groups of three and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10-15 minutes)
- Part II. Guided socialization. Members are placed into new groups. Members are placed randomly in groups of three and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10-15 minutes)
- Wrap up: "What did you take away from today's group?" (2-5 minutes)

Topic 20

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Termination is discussed. What did you take away from this group? What have you gained overall? How has this helped you toward your goal? What changes would you like to see next time? What should we add? (10-15 minutes)
- Guided socialization: Members are placed randomly in groups of three and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (15-20 minutes)
- Wrap up: "What did you take away from today's group?" (2-5 minutes)

Topic 1

- Group Rules
- Introduction to the group and review of group protocol
- Goal statements: Go around the room and each member states what they hope to take away from the group and the goal they wish to work on in relation to social living skills
- Guided socialization: Pair up members and encourage socialization with the goal of learning something new about their partner, even if it is their name. (10 minutes) Part 2, swap pairs and repeat. (10 minutes)

Putnam Family & Community Services
PROSper

Group Protocol

Date: October 5, 2009

Title: Social Living

Component: Community Rehab. & Support (CRS)

Service: Basic Living Skills (BLS)

Population: Any member of PROSper population

Frequency: 1 time per week

Duration: 50 minutes

Description: An interactive group to enhance interpersonal communication and social skills.

Mode of Work:

- A. **Purpose:** To encourage building effective relationships and developing interpersonal skills. Among the areas of focus to be addressed: respecting differences, developing appropriate communication techniques, understanding and utilizing body language, addressing social phobias and maximizing one's potential social etiquette and personal hygiene.
- B. **Group Framework:** Emphasis will be on group participation and role playing, specifically in the areas of social phobias, relationships, conversational skills and personal awareness.

Expected Outcome:

Group members will develop a better sense of self in relationship to others so that members will have greater success in forming and maintaining social relationships.

Topic 2

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Warm up: "Introduce Yourself." Discuss how members did this. Did you mention your name? Shake hands? Make eye contact? Smile? (5 minutes)
- Activity: "Ice Breakers #1: Members using ice breakers prompting sheet in order to get to know each other. (10minutes)
- Discussion: "What was your experience of this?" Name a few things you noticed that were socially appropriate while interacting with your peers. Name a few things that you noticed were not socially appropriate. (5-10minutes)
- Guided socialization: Members are placed randomly in pairs and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10 minutes)
- Wrap up: "What did you take away from today's group? (2-5 minutes)

'Who'

ICE BREAKERS

WHO PLAYS A SPORT?

WHO CAN DO A CARTWHEEL?

WHOSE FAVORITE COLOR IS ORANGE?

WHO HAS EVER RECEIVED AN AWARD?

WHO WAS BORN ON A HOLIDAY?

WHO HAS A FAVORITE TV PROGRAM THAT IS ON THURSDAY NIGHT? NAME IT.

WHO IS NAMED AFTER A FAMILY MEMBER?

WHO IS WEARING ANY TYPE OF JEWELRY THAT REFLECTS HIS/HER NAME?

WHO CAN NAME THE FIRST AMERICAN ASTRONAUT THAT WALKED ON THE MOON?

WHO HAS REGENTLY READ A BOOK? NAME THAT BOOK.

WHO PLAYS AN INSTRUMENT? WHAT IS IT?

WHO SPEAKS ANOTHER LANGUAGE?

WHO HAS A FIRST NAME THAT BEGINS WITH THE LETTER "T"?

WHO HAS AN UNUSUAL PET? WHAT IS IT?

WHO IS WEARING THE COLOR PURPLE?

WHO HAS TRAVELED TO ANOTHER COUNTRY? WHICH COUNTRY?

WHO LIKES TO EAT COOKED SPINACH?

WHO RECENTLY SAW A MOVIE IN THE THEATER? NAME THE MOVIE.

Topic 3

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Warm up: "Introduce Yourself." Discuss how members did this. Did you mention your name? Shake hands? Make eye contact? Smile? (5 minutes)
- Activity: "Ice Breakers #2: Members continue using ice breakers prompting sheet in order to get to know each other. (15minutes)
- Discussion: "What was your experience of this?" Name a few things you noticed that were socially appropriate while interacting with your peers. Name a few things that you noticed were not socially appropriate. (5-10minutes)
- Guided socialization: Members are placed randomly in pairs and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10 minutes)
- Wrap up: "What did you take away from today's group? (2-5 minutes)

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Topic 4

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Activity Part 1: "Conversation Skills." Members take time to complete worksheet and discuss their response to such. (5-10 minutes)
- Activity Part 2: Using the Conversation Skills worksheet, members are prompted to practice these skills in general conversation over the next few minutes. Members are asked to be mindful of their anxiety while doing such. (10 minutes)
- Discussion: "What was your experience of this?" Name a few things you noticed that were socially appropriate while interacting with your peers. Name a few things that you noticed were not socially appropriate. (5-10minutes)
- Guided socialization: Members are placed randomly in pairs and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10 minutes)
- Wrap up: "What did you take away from today's group? (2-5 minutes)

CONVERSATION SKILLS

PURPOSE:

To increase communication by improving conversation skills when first meeting people.

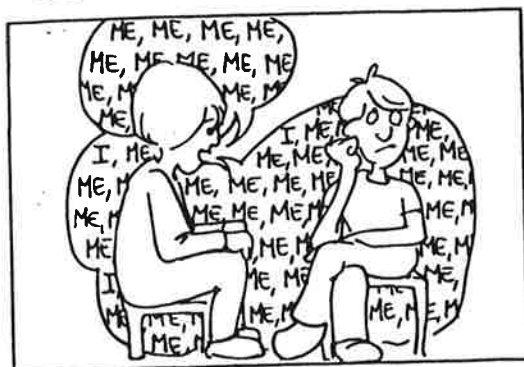
II. GENERAL COMMENTS:

Effective conversation skills are helpful, if not vital in a variety of settings, such as work, social and even in treatment settings. Many people feel awkward when meeting people for the first time, sometimes out of nervousness, lack of positive experiences, low self-esteem, etc. The skill of starting up a good conversation eases a first encounter and can be a fun and non-threatening skill to learn in a group setting. It is important to recognize that first impressions do last and that first encounters often make or break relationships.

III. POSSIBLE ACTIVITIES:

- A.
 1. Introduce topic in above stated GENERAL COMMENTS.
 2. Distribute handouts and review the nine friendly guidelines.
 3. Write potential-social situations on index cards that the group might encounter, such as day treatment program, singles group, self-help/support group, bowling club, church/temple, work, parties, civic groups, etc. Be specific in the description, e.g., *you are at a party from church and someone you don't know asks you who you are and what you are doing there*. Try and touch on the skills outlined in the handout. Ask each group member to write one situation, if able.
 4. Explain to the group that everyone is encouraged to do at least one role-play to learn the skills outlined AND to have fun!
 5. Distribute one index card per group member and proceed with role-plays.
 6. Offer feedback on skills observed.
 7. Process the group by asking group members what specific skill each group member will remember after the group is finished.
- B.
 1. Explain the topic briefly.
 2. Ask which behaviors each group member would like and would not like to see when first meeting someone. Make a list on the board.
 3. Distribute the handouts and compare the list on the board with the handouts' list.
 4. Engage the group in a discussion of the following:
 - When do we overuse "I"?
 - How can we tell that we have talked about ourselves too much?
 - What are certain topics to try to remember as neutral topics?
 - What is good body language when first meeting someone?
 - What is a good physical distance between people?
 - What does "active listening" mean?
 - How can we show people that we are "actively listening" to what they are saying?
 - What is too honest in a first meeting?
 - When do we tend to negate or slough off compliments? Why do we do that?
 - What are certain topics to avoid in a first meeting?
 - What information would you NOT share in a first encounter?
 - What are common signals that tell you a conversation is ending?
 5. Ask group members to write inside the arrow, in ranking order, what skills they most need to work on (the skill that needs the most work is "1", the skill that least needs work is a "9").
 6. Process the group by discussing groups' commonalities or differences as well as potential places/situations to work on these important skills.

CONVERSATION SKILLS



IS
WHERE
IT'S
AT!



Sometimes, when we first meet people, it's difficult to start up a good conversation. What to talk about? What not to talk about? How often do you ...

	ALWAYS	SOMETIMES	NEVER
➡ Face and look directly into the eyes of the person you are talking to.	_____	_____	_____
➡ Avoid overusing "I". (Sometimes people talk a lot about themselves because they're nervous.)	_____	_____	_____
➡ Make sure you focus and listen when the person responds.	_____	_____	_____
➡ Try bringing up something that's neutral - weather, recent movies or TV shows, current events, etc.	_____	_____	_____
➡ Try to be honest, but not too honest. (Honesty is a good quality in relationships, but it can be overdone.)	_____	_____	_____
➡ Give sincere compliments.	_____	_____	_____
➡ Accept compliments by saying "Thank You".	_____	_____	_____
➡ Avoid touchy subjects, like religion, politics or overly personal information from your past.	_____	_____	_____
➡ End a conversation with a pleasant phrase - "Nice meeting you", "Hope to see you again", "It's been nice talking to you", etc.	_____	_____	_____

Looking at the marks above, which do you do best in conversations? _____

Which area do you feel you need to work on the most? _____

Conversation skills, like all skills, take time and practice. GIVE IT A TRY!

Topic 5

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Activity Part 1: "Active Listening Skills." Members take time to complete worksheet and discuss their response to such. (5-10 minutes)
- Activity Part 2: Using the Active Listen Skills worksheet, members are prompted to practice these skills in general conversation over the next few minutes. Members are asked to be mindful of their anxiety while doing such. (10 minutes)
- Discussion: "What was your experience of this?" Name a few things you noticed that were socially appropriate while interacting with your peers. Name a few things that you noticed were not socially appropriate. (5-10minutes)
- Guided socialization: Members are placed randomly in pairs and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10 minutes)
- Wrap up: "What did you take away from today's group? (2-5 minutes)

LISTENING SKILLS

I. PURPOSE:

To increase communication by improving listening skills when engaged in conversation.

II. GENERAL COMMENTS:

Effective listening skills are helpful in every situation throughout each person's day. They enable one to understand what is being told to them, have healthy relationships, be a part of group, etc. The skill of listening, opposed to just "being there" when someone is talking, is an important tool to acquire. "Active listening" requires not only hearing the words but also hearing the feelings behind the words, seeing the situation through the eyes of the speaker and not judging the speaker.

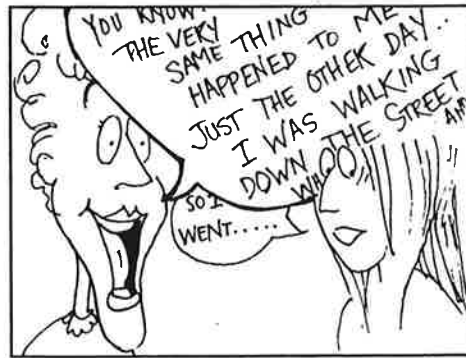
III. POSSIBLE ACTIVITIES:

- A.
 1. Introduce topic in above stated GENERAL COMMENTS.
 2. Distribute handouts and review the eight listening hints.
 3. Prior to the group write possible situations on index cards. A few might be: *"You ask a relative how they are feeling and they proceed to tell you, for the next 15 minutes"*, *"Your best friend has a devastating problem and discusses it with you"*, *"You meet someone nice at the store and they start a conversation with you"*, etc. Ask each group member to write one situation, if able.
 4. Explain to the group that everyone is encouraged to do at least one role-play. This helps to learn the skills outlined AND to have fun!
 5. Place cards face down in a hat and ask two people to pick one and role-play, one being the speaker and the other being the listener. After each person has done one role-play, encourage the pair to pick another card, reversing the roles.
 6. Offer feedback on observed listening skills.
 7. Ask group members to mention some friends, family members and professionals whom they feel have excellent and/or poor listening skills, encouraging them to give an example of how that person listens, and how they feel when this occurs.
 8. Process by asking what skills group members would like to improve on and note if there are commonalities or differences.
- B.
 1. Explain the topic of listening.
 2. Distribute handouts and discuss the eight listening hints.
 3. Decide on a topic that could be a lively group discussion, e.g., a current event, a movie, or a controversial subject such as capital punishment, etc.
 4. Form subgroups of three or four and blindfold each group member. Instruct the group to discuss the chosen topic for five minutes amongst themselves.
 5. Take off the blindfolds and discuss another topic for five minutes.
 6. Process the activity by asking group members to discuss how it felt to listen without seeing faces and expressions, and then with, noting the difference.

LISTENING SKILLS



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Listening is a major part of a healthy communication process and an important skill.
How would you rate your listening skills? How often do you . . .

	ALWAYS	SOMETIMES	NEVER
➡ Put aside what you're doing.	_____	_____	_____
➡ Focus your eyes on the speaker.	_____	_____	_____
➡ Think about what the speaker is really saying.	_____	_____	_____
➡ Avoid 'stepping on the other person's words'.	_____	_____	_____
➡ Show interest with facial & body gestures.	_____	_____	_____
➡ Respond with a non-judgmental attitude.	_____	_____	_____
➡ Ask interested questions, remembering points for next discussion.	_____	_____	_____
➡ Try not to overdo when bringing your own experiences into the discussion.	_____	_____	_____

Looking at the marks above, which do you do best as a listener? _____

Which area do you feel you need to work on the most? _____

Listening skills, like all skills, take time and practice. GIVE IT A TRY!

Topic 6

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Activity: "Two People in Common." Using the provided worksheet, find two people in the room that have something in common. (10-20 minutes)
- Discussion: "What was your experience of this?" Name a few things you noticed that were socially appropriate while interacting with your peers. Name a few things that you noticed were not socially appropriate. (5-10minutes)
- Guided socialization: Members are placed randomly in pairs and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10 minutes)
- Wrap up: "What did you take away from today's group? (2-5 minutes)

Two Things in Common

Find two people in the room who:

- 1) Were not born in NY
- 2) Have ever worked for a grocery store
- 3) Have the same favorite color (what color)
- 4) Have read the same book (what book)
- 5) Like coffee
- 6) Don't like snow
- 7) Have at least one pet
- 8) Have a tattoo
- 9) Like to take naps
- 10) Like cheese
- 11) Don't like seafood
- 12) Have the same favorite animal (what animal)
- 13) Saw the same movie in the theater (what movie)
- 14) Ate fast food this week
- 15) Have the same birth month(what month)

Topic 7

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Activity: "Get to Know Me." Members complete this worksheet on their own. (5 minutes). Members are grouped into trios and share their answers with each other. Members are encouraged to respond to their peers and relate as to whether they share something similar. (10-15 minutes)
- Discussion: "What was your experience of this?" Name a few things your peers did well to encourage ongoing discussion and talking. Name a few things you feel they could improve upon. (5-10 minutes)
- Guided socialization: Members are placed randomly in pairs and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10 minutes)
- Wrap up: "What did you take away from today's group?" (2-5 minutes)

Get To Know Me

1. What are three adjectives that you would use to describe yourself?
2. Who are the three people in your life right now who know you best?
3. What's one adjective each of them would use to describe you?
4. What's your favorite activity to do on a good weather day?
5. What's your favorite activity to do on a bad weather day?
6. How would you describe the people that you like to spend time with?
7. What topics do you find interesting to talk about?
8. What intimidates you in a conversation?
9. What's your favorite type of music, book, movie, television show?
10. How do you decide when to disclose your personal with medical and psychiatric history?
11. How do you respond to the questions "So what do you do?"

Topic 8

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Activity: "What Do You Think Others Think of You?" Members complete this worksheet independently. (10 minutes).
- Share together as a group portions of the worksheet and the feelings associated with it. (5 minutes)
- Discussion: "What was your experience of this activity overall?" (5 minutes)
- Guided socialization: Members are placed randomly in pairs and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10-15 minutes)
- Wrap up: "What did you take away from today's group?" (2-5 minutes)

What Do You Think Others Think Of You?**Person 1:** _____ (family member)*List 3 Positive attributes that this person likes about you*

1. _____
2. _____
3. _____

Person 2: _____ (friend)*List 3 Positive attributes that this person likes about you*

1. _____
2. _____
3. _____

Person 3: _____ (a professional relationship)*List 3 Positive attributes that this person likes about you*

1. _____
2. _____
3. _____

Person 4: _____ (your choice)*List 3 Positive attributes that this person likes about you*

1. _____
2. _____
3. _____

****Now go back and write next each attribute how that makes you feel.****

Topic 9

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Activity: "Are You Like Me?" Members complete this worksheet independently. (5-10 minutes)
- Activity Part II: After all questions answered, members are instructed to go around the room, and compare answers with peers. Then, write down how many answers they have in common with peers. The goal is to try and find the one person in the room that has the most in common. (10-15minutes)
- Share: Members are instructed to share and talk to the group about who they had the most in common with and what was that like for them.
- Discussion: "What was your experience of this activity overall?" (5 minutes)
- Guided socialization: Members are placed randomly in pairs and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10-15 minutes)
- Wrap up: "What did you take away from today's group?" (2-5 minutes)

Are You Like Me?

My favorite ice cream flavor _____

My favorite season _____

My least favorite vegetable _____

A sport I played _____

Somewhere I visited _____

Color that looks good on me _____

Something I'm good at _____

My favorite animal _____

The ideal pet _____

Number of siblings _____

Hobby _____

Favorite Holiday _____

My first job _____

Something that soothes me _____

Would you rather spend the day in the country or the city? _____

What do you put in your coffee or tea? _____

Favorite type of music _____

My best quality (non-physical feature) _____

Something I admire in other people _____

One thing I can cook _____

****Now, after you have answered all of these, you need to go around the room, and compare answers with other people. Write down how many answers you have in common with people, trying to find the one person in the room that you have the most answers in common with.****

Topic 10

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Activity: "Meeting New People." Part I: Members complete worksheet independently. (5-10minutes)
- Activity Part II: After all answers are complete, members are broken into pairs to share their answers. Members are instructed to pay attention to the things that make them anxious while talking about their worksheet. They are encouraged to make note of their anxiety levels and how they manage to stay with the activity and in the moment with their partner. (10-15minutes)
- Discussion: "What was your experience of this activity overall?" (5 minutes)
- Guided socialization: Members are placed randomly in groups of three and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10-15 minutes)
- Wrap up: "What did you take away from today's group?" (2-5 minutes)

Meeting New People

What's your favorite thing about meeting new people?

What's your least favorite thing about meeting new people?

Is it easier for you to meet one new person at a time or a group? Why?

What's one positive thing about yourself you tell new people?

What do you tell new people you like to do for fun?

What do you tell new people when they ask you what you do for a living?

What do you tell new people when they ask you about your family?

What do you tell new people your goals in life are?

What's a topic you tend to avoid when talking to new people? Why?

What do you worry about when meeting someone new?

Topic 11

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Activity: "Meeting New People Part 2." Members are instructed to stand up and look around the room. They're then instructed to find the person they know the least about and introduce themselves. After that, they're instructed to begin a conversation with this person. They're permitted to discuss any topic they like as long as it is "appropriate." (10minutes).
- Activity Part 2: Members are then asked what they learned about each other and queried about whether the conversation and questions were appropriate. Members are then encouraged to discuss what "appropriate" means to them and how they applied what they know about boundaries while meeting a new person.
- Guided socialization: Members are placed randomly in groups of four and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10-15 minutes)
- Wrap up: "What did you take away from today's group?" (2-5 minutes)

Topic 12

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Activity: "You Don't Say." Members are broken up into pairs. Each member chooses a slip of paper from a "hat." On each paper is a topic/item that clients ARE NOT permitted to talk about during their conversation. Members are instructed to converse with their partners about anything other than what's written on the papers. (10minutes).
- Activity Part II: Partners are switched and papers back into the hat. Members are paired up again and chose different topics. Again, members are instructed to engage in conversation about anything EXCEPT what is on the paper. (10minutes).
- Discussion: "What was it like to be limited in what you were permitted to talk about?" Members are encouraged to talk about their experiences.
- Guided socialization: Members are placed randomly in groups of three and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10-15 minutes)
- Wrap up: "What did you take away from today's group?" (2-5 minutes)

You Don't Say

Music

Symptoms/Mental Health

Movies

Pants

Medication

Relationships (romantic)

The person you're speaking with

Relationships (family/friends)

Hobbies

Diet and nutrition

TV

Search for Change

Medical health

Benefits/Finances

Weather

Religion/Spirituality

Food

AA/OA/Self-help groups

PROS (anything about it)

Your therapist/doctor(s)

Topic 13

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Activity: "Communication Building Blocks." Members are broken up into pairs. One person describes the image in the box, the other attempts to draw it without seeing it. The purpose is to improve verbal communication skills and clarity. Members then share the image and compare the closeness to actual image. Discuss where communication succeeded and broke down. (10-15minutes).
- Activity Part II: New partners are chosen and follow the same as above. (10-15minutes).
- Discussion: "What was your experience of this exercise?" "What did people do well? What do they need to work on?" Members are encouraged to talk about their experiences.
- Guided socialization: Members are placed randomly in groups of three and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10-15 minutes)
- Wrap up: "What did you take away from today's group?" (2-5 minutes)

COMMUNICATION BUILDING BLOCKS

I. PURPOSE:

To increase an awareness of verbal, nonverbal, one-way and two-way communication.
To promote open communication.

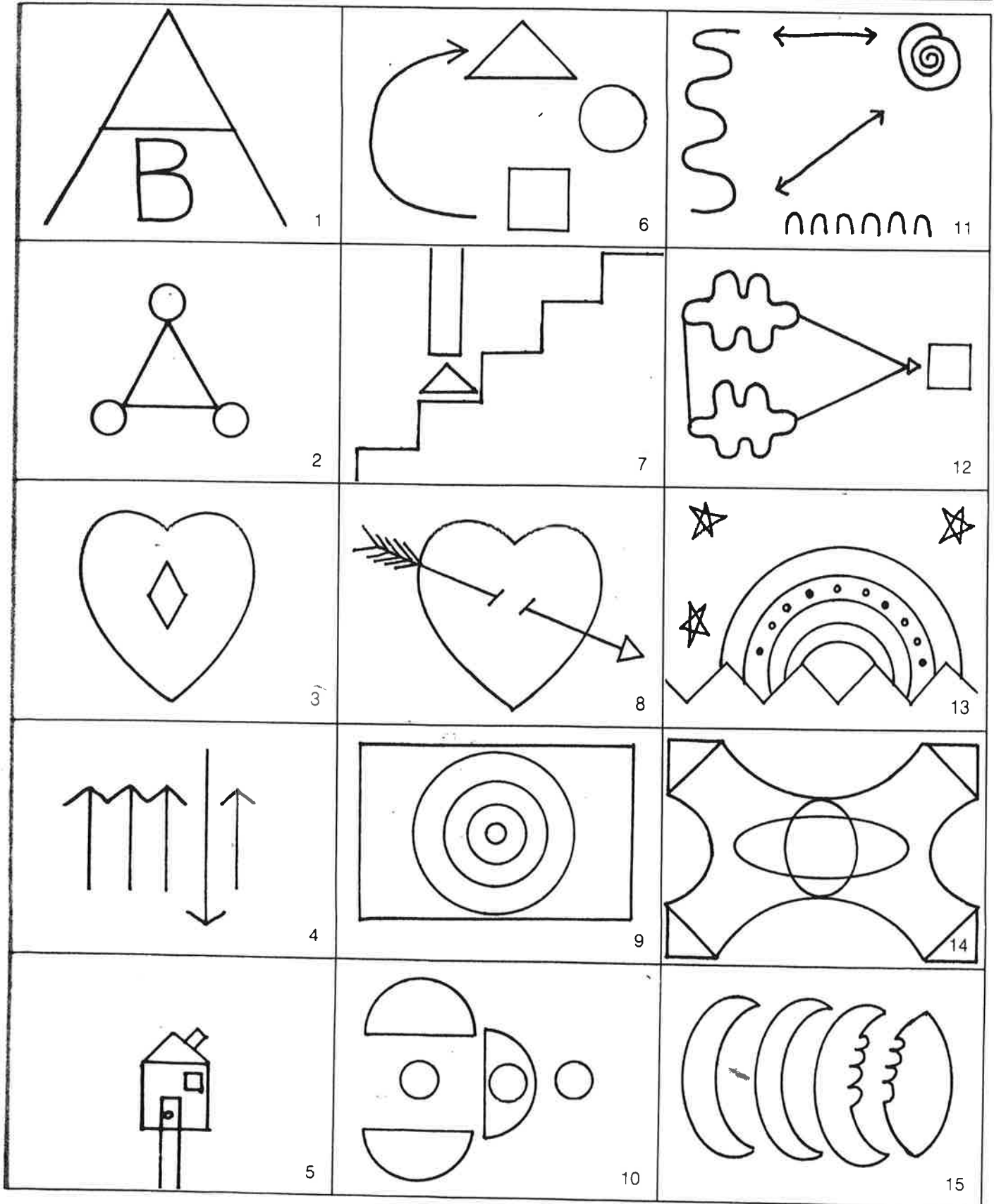
II. GENERAL COMMENTS:

Open communication which involves verbal, nonverbal, and two-way communication offers the clearest *picture* to the receiver. Effective communication promotes improved personal and professional relationships.

III. POSSIBLE ACTIVITIES:

- A.
 1. Photocopy 1 handout.
 2. Distribute blank paper and pencils to all group members.
 3. Ask for a volunteer, and instruct him/her (without showing the handout to others) to...
 - a. choose one shape.
 - b. describe it to the group using verbal cues only, so the others can accurately draw it on their papers. Use one-way communication only. Do not allow questions/comments from the group. Do not use nonverbal cues (hand motions, body gestures, etc.).
 4. Encourage group members to show their drawings to the describer to compare their copies with the original.
 5. Continue the activity by instructing volunteer #2 to describe a different shape verbally, but this time including nonverbal cues as well. Use one-way communication only.
 6. Encourage group members to draw, and then show their drawings to the describer to compare their copies with the original.
 7. Continue the activity by instructing volunteer #3 to describe a third shape verbally and nonverbally, allowing for two-way communication with group members.
 8. Process the group by discussing members' reactions and responses to each of the 3 exercises, emphasizing the benefits of verbal, nonverbal and two-way communication.
- B.
 1. Photocopy one page and make cards of each of the twelve designs.
 2. Encourage group members to describe their shapes to the rest of the group. They can choose to describe them... (a) verbally, with no nonverbal cues; (b) verbally and nonverbally, allowing no questions; or (c) verbally and nonverbally, encouraging questions.
 3. Process the group by discussing members' reactions to the exercise, and emphasizing the benefits of open communication.

COMMUNICATION BUILDING BLOCKS



Topic 14

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Activity: "Actually..." Members are given a worksheet and are instructed to make assumptions about the person to their right. They will base their guesses solely on first impressions. (10minutes)
- Activity Part II: Members are broken up into trios in order to discuss the correct answers to these questions and get to know their peers.
- Discussion: "How do assumptions help/hinder the beginnings of relationships?" Members are encouraged to talk about their experiences.
- Guided socialization: Members are placed randomly in groups of three and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10-15 minutes)
- Wrap up: "What did you take away from today's group?" (2-5 minutes)

ACTUALLY...

The person on your right's first name: _____

Just by looking, make some assumptions about the person on your right. Base your guesses solely on your first impressions.

What is their favorite style of cuisine?

What is their favorite type of music?

What is their hobby or special interest?

what is favorite place to vacation
Favorite TV show

Topic 15

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Activity: "Social Bingo." As a group, members play a game of Social Bingo. Bingo cards and numbers are prepared ahead of time. One volunteer acts as the "caller." If number is chosen, you must complete the action on your score card. (20 minutes)
- Discussion: Members are encouraged to talk about their experiences.
- Guided socialization: Members are placed randomly in groups of three and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10-15 minutes)
- Wrap up: "What did you take away from today's group?" (2-5 minutes)

S O C I A L

B 1-10	I 11-20	N 21-30	G 31-40	O 41-50
Say something positive about yourself.	Give a compliment to the person on your left.	Share something you would like to do but haven't.	Share a happy event in your life.	If you were given \$10,000, what would you do with it?
Stand up and let everyone give you applause.	If you could change places with one person for a day, who would it be and why?	If you could meet one famous person in history, who would it be and why?	Share what you consider to be a personal accomplishment.	Give someone in the group a hug.
Talk about someone special in your life.	I feel best when people _____ _____ _____.	FREE	Describe your most prized possession.	Share what the greatest compliment is that you've received.
Give a compliment to the 2nd person on your left.	Describe something someone could do to help you feel happy.	Say something positive about yourself.	I am best at _____ _____ _____.	What is your favorite childhood memory?
What positive advice would you like to give to the President?	Describe what you consider a "perfect vacation".	Are you more like a gentle rain or a thunderstorm? Why?	Share what makes you a unique and special person.	Talk about 3 things you are grateful for.

Topic 16

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Activity: "Mingling." Members are given the prompt that they are at a social gathering with people they do not know. The "party" involves some food items and beverages. Members are given "Hello my name is..." name tags. During this activity, members are instructed to mingle with each other while paying close attention to topics that are appropriate/inappropriate, actions/gestures, etiquette etc. Alternative to the "pretend" party is hosting a mock-party that includes food and beverages. (20 minutes)
- Discussion: "What was the most difficult part of this exercise? What was the easiest? What were some instances that members acted well? What are some things that need improvement?" Members are encouraged to talk about their experiences. (10minutes)
- Guided socialization: Members are placed randomly in groups of three and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10-15 minutes)
- Wrap up: "What did you take away from today's group?" (2-5 minutes)

Topic 17

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Activity: "Silent Slide Story. Part I." Begin this meeting by providing group with blank paper and pencils/markers/crayons. The group is prompted, "If you could set your life story to a song, what would it be?" (5 minutes)
- Activity Part II. Members are instructed to create at least 25-30 slides that tell their life story, or a part of their life story that they would like to share. (20 minutes)
- Activity Part III. Members share their slides with the group silently, or if they have it readily available, set to music.
- Discussion: Members are encouraged to talk about their experiences of this activity. What was most difficult? What was easiest?

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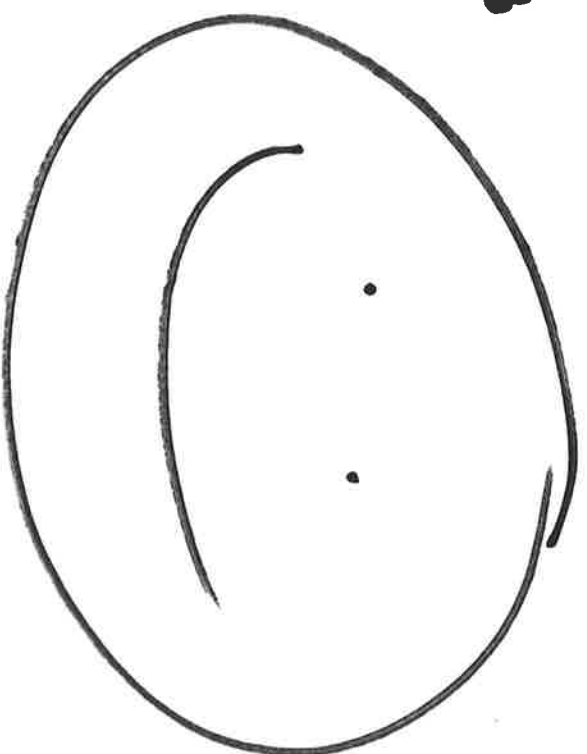
where we live.

Sometimes I get

OVERWHELMED.

But who

doesn't?



Topic 18

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Part I. Guided socialization: Members are placed randomly in groups of three and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10-15 minutes)
- Part II. Guided socialization. Members are placed into new groups. Members are placed randomly in groups of three and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10-15 minutes)
- Wrap up: "What did you take away from today's group?" (2-5 minutes)

Topic 19

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Part I. Guided socialization: Members are placed randomly in groups of three and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10-15 minutes)
- Part II. Guided socialization. Members are placed into new groups. Members are placed randomly in groups of three and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (10-15 minutes)
- Wrap up: "What did you take away from today's group?" (2-5 minutes)

Topic 20

- Check-in: "Is there anything related to socialization that was present for you in the past week?" "Is there anything you would like addressed in future groups?" (5-10 minutes)
- Termination is discussed. What did you take away from this group? What have you gained overall? How has this helped you toward your goal? What changes would you like to see next time? What should we add? (10-15 minutes)
- Guided socialization: Members are placed randomly in groups of three and asked to talk freely with each other while taking note of helpful social cues and their response to such. (i.e. Your partner kept making eye contact, how did you feel when this happened? Your partner never looked at you, how did you feel when this happened?) (15-20 minutes)
- Wrap up: "What did you take away from today's group?" (2-5 minutes)