

The Decider Life Skills Program

Week 5- Listen, Crystal Clear, and Reflect

LISTEN

Listening is an important skill where we focus on what the other person is saying.

Sometimes, we get distracted by things going on around us, technology, or even our own thoughts. When we don't pay attention, it can lead to mistakes and misunderstandings. This can make our FIZZ go up.



A helpful tip for using the LISTEN skill is to remember that we have TWO ears and ONE mouth. So, we need to listen twice as much as we speak.

How can we show others that we are really listening to them?

Eye contact.	Show interest- ask questions.
Smiling	Do not interrupt or change the subject.
Leaning in / facing the person.	Respect the other person's point of view.
Nodding	Answer respectfully and be honest.
Verbal replies "yes" or "uh-huh".	Treat others as you would like to be treated.

It's important to remember that signs of active listening can vary across cultures.

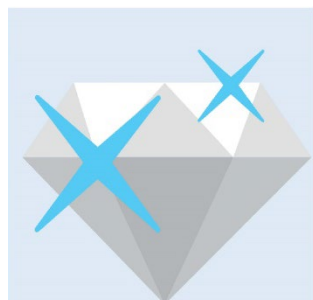
CRYSTAL CLEAR

Crystal Clear skill is a guide that helps us get our message across clearly.

If we want to be listened to and understood, we need to communicate clearly, rather than giving hints or mixed messages.

Crystals have many surfaces that remind us to look at the situation from different angles before we act or speak. A crystal is also clear and gets to a point!

When you are talking, remember the word CLEAR, to help you express yourself!



- C**- Concise- keep it short and stick to the important information.
- L**- Logical- what you are saying makes sense and is easy to understand.
- E**- Emotion free- Keep opinions out of what you are saying, not blaming others.
- A**- Assertive- Expressing your point in a respectful way.
- R**- Realistic- Sticking to the facts, focus on seeing things as they are.

©Michelle Ayres & Carol Vivyan. The Decider Skills Manual 2019.

The Decider Life Skills Program

Week 5- Listen, Crystal Clear, and Reflect

REFLECT

Reflect skill helps us to learn from experience and make positive changes.

We have the ability to reflect and look back on things we do and say. We can learn from our past and make changes in the future. We need to be willing to look at our mistakes and our successes. We can learn from both!

When reflecting, or looking back on a situation, ask yourself:

- What was helpful?
- What was unhelpful?
- Is there anything I can change to prevent this from happening again?
- What did I do well?
- What could I improve?



When our “Fizz” is not high, we are calmer and able to think clearly about our choices. We can use the reflect skill to help us make positive changes in our behaviour.

CONCLUSION

These 5 newsletters were created to keep you updated about The Decider program that took place in your child’s classroom. The Decider series is now completed. Your child was taught 12 skills that will help them better understand and deal with their emotions, especially during stressful times.

If you always do what you always did, you will always get what you always got.

Visit the school health page at wechu.org/school-health/mental-health/decider or scan the QR code below to find more information.

Look for the ear icon to use ReachDeck. This tool will translate this information into French, Arabic, Spanish, and many other languages.



SCAN ME