

This fortnight's Smiling Mind report

Positive Communication

Our learning intention for the last fortnight has been to develop communication skills to promote prosocial behaviour and build positive relationships. We have been learning about verbal communication and how important social skills are in order for us to relate to others in a positive way. The meditation that supported this focus was an interpersonal practice that students participated in with another student. Students experience what it feels like to speak without being interrupted, and listen without interrupting. Practising this in the classroom increases the likelihood of mindful communication, and thus positive relationships, outside of the classroom.

