

COMMUNICATIONS

Answer the following questions to help you improve your communication skills. Please place a "X" in the column after each question. Choose only one column per question.

Age: 9 - 13 years old

	Never	Some		Always	
DO YOU ...	1	2	3	4	5
HEAD					
- Keep your cool when you are angry?					
- Feel angry when people don't listen to you?					
- Say what you mean?					
- Use kind words when speaking to others?					
- Allow others to talk the group?					
HEART					
- Listen when others are talking?					
- Smile at people when they are talking?					
- Look at the person talking?					
- Don't whisper with others when you get bored?					
- Ask questions when you don't understand?					
HANDS					
- Listen to other people's ideas?					
- Let everyone tell their story in the group?					
- Tell people when you are wrong?					
- Like to work with others in a group?					
- Like making new friends?					
HEALTH					
- Tell people when they do a good job?					
- Like sharing your ideas with others?					
- Like trying new activities?					
- Laugh at yourself when you make a mistake?					
- Allow others to make mistakes without laughing?					
Scoring: Total number of "X's" in each column ...	Col. 1	Col. 2	Col. 3	Col. 4	Col. 5
Totals for column					

Communications: Building Bridges, evaluation 9-13, September, 2004, J. Burks

How did you do?

_____ If you answered most of the questions with an "always" (column 4 or 5), you are doing a good job with communication's skills.

_____ If you answered most question with a "sometimes" (column 3), you are on your way to good communication's skills.

_____ If you answered most questions with a "never" (column 1 or 2), you are beginning to improve your communication's skills.

NAME: _____ Age: _____ Date: _____

