

Back to the Classroom
Core Curriculum Support Program



Module 7
Table Talks

Table Talks

Parent Resource





August 2017 Communication

	Words of the Day	Leadership Tip of the Day	Table Talks
Mon			
Tues 1	Non-Verbal not using spoken language to communicate	Dream big	<p>AND NOW! Back to the Classroom: Say it with a smile! 93 % of what we say does not come from our mouths. Our posture, expressions and tones do most of the talking for us. We often feel people judge us before we speak, but most times it's because our non-verbal communication has already begun. Sometimes it's not what we say, it's how we say it, that people hear the most. STAY IN YOUR LANE.</p> <p>PARENT NOTE: Discuss the power of a smile and how it makes each of us more approachable. (Thirteen muscles to make a smile. Fifty muscles to make a frown.)</p>
Wed 2	Expressions a gesture executed with the facial muscles	Define, build and maintain your reputation	<p>AND NOW! Back to the Classroom: Sometimes our expression says it all. Think about a time when you wanted to be in a positive place but were stuck in the negative. Believe it or not, sometimes when you change your expression that alone will change your mood. Today try to manage your emotions through your expressions. STAY IN YOUR LANE.</p> <p>PARENT NOTE: Sometimes the best way to teach a child a communication technique is through natural demonstration and humor. Have your child mimic the face you make when you are upset.</p>
Thur 3	Eye Contact contact that occurs when two people look directly at each other	Admit when you are not right	<p>AND NOW! Back to the Classroom: Did you know in some cultures; eye contact is a sign of disrespect. Well not here in the US. We welcome and encourage good eye contact. Most people consider eye contact as a sign of confidence and trustworthiness. Today practice good eye contact. Show off your confidence today. STAY IN YOUR LANE.</p> <p>PARENT NOTE: Bring your cellphone to your Table Talk today. Discuss the way conversations are more meaningful and more effective when good eye contact is made instead of talking while scrolling through the phone.</p>
Fri 4	Communication the activity of conveying information	Communicate clearly, inquire deeper and paraphrase often	<p>AND NOW! Back to the Classroom: War, fights, poverty, divorce, hurt, harm, misunderstandings, and general unhappiness often come from a breakdown in communication. Take the time to learn to communicate effectively. One day we may need your communication skills to save the world. STAY IN YOUR LANE.</p> <p>PARENT NOTE: Discuss how anger affects communication. Come up with a plan to make communication priority in your family. Talk about the importance of maintaining healthy lines of communications.</p>



August 2017 Communication

	Words of the Day	Leadership Tip of the Day	Table Talks
Mon 7	Ineffective not producing an intended consequence	Teach a skill you have learned to others	<p>AND NOW! Back to the Classroom: When two people are not able to resolve issues effectively, they may need a mediator. If you and another student are having an issue, you may want to speak to a guidance counselor or principal who will mediate and help you sharpen your communications skills, so that the two of you can find a middle ground. Their door is open and they are always glad to hear from you guys. STAY IN YOUR LANE.</p> <p>PARENT NOTE: Let you child know that you too are a resource for problem resolution. Children are more trusting with parent whose rationale they respect. Let your child know all the ways you are willing to advocate for them in a time of conflict.</p>
Tues 8	Body Language communication via the movements or attitudes of the body	Find a mentor to focus your own development as a better leader.	<p>AND NOW! Back to the Classroom: Most times you can tell if someone likes you or not, just by their body language. If you sit down and they lean towards you, guess what? If you sit down and they begin to move away, guess what? We all should go out of our way not to send unwarranted negative messages through body language. STAY IN YOUR LANE.</p> <p>PARENT NOTE: It is amazing how much of our mannerisms we get from our parents. Remember that when you speak around your children they will model your behavior. Be bold, ask your children how they feel sometimes when they observe your body language.</p>
Wed 9	Barrier a structure or object that impedes free movement	Create/write your own training manual on your topic of interest and share it with others	<p>AND NOW! Back to the Classroom: PEOPLE WHO SPEAK LOUDLY MAKE IT DIFFICULT FOR OTHERS TO HEAR WHAT THEY ARE SAYING!!! A loud tone can be just as bad as whisper because no one wants to hear all that noise. Both whispering and yelling are barriers to good communication. STAY IN YOUR LANE.</p> <p>PARENT NOTE: Good day to talk about "indoor speaking voice" and how some people become a disruption when they speak loudly for attention. Ask your child to give examples of this behavior that they may have noticed.</p>
Thur 10	Message a communication that is written or spoken or signaled	Write down all your goals with end dates and ensure they are measurable	<p>AND NOW! Back to the Classroom: Whenever you send a message it goes through the filter of the receiver's ears, mind, previous experiences, and their mood. There is a lot that can be lost in the process. If you ever feel what you have said has been misinterpreted take the time to clarify. Preserving good relationships and your good reputation sometimes requires that you clarify the meaning of the messages you send. STAY IN YOUR LANE.</p> <p>PARENT NOTE: Reflect on a time you said something but it was taken to mean something else. Teach how clarification can resolve misunderstandings.</p>
Fri 11	Receiver a person who receives something	Write your desired legacy or epitaph	<p>AND NOW! Back to the Classroom: We process so much information in a day, that the margin of error can become wide. You may think you understand what someone is saying, but sometimes we still miss a few points. Never be afraid to ask someone to repeat what they are saying. They may be flattered to know you are paying attention. STAY IN YOUR LANE.</p> <p>PARENT NOTE: One of the best things we can offer anyone, including our kids is time. Give your child time to explain themselves. Even when you believe they are wrong, give them the courtesy of being heard. Show them how to give respect even when you're at odds with one another.</p>



August 2017 Communication

	Words of the Day	Leadership Tip of the Day	Table Talks
Mon 14	Verbal of or relating to or formed from words in general	Smile first at every person you see each day	<p>AND NOW! Back to the Classroom: STICKS AND STONE MAY BREAK MY BONES And YEA! words hurt too. Did you know we can choose what kind of power we give our words? We can use our verbal power for good or we can use our verbal power for bad. Choose wisely! STAY IN YOUR LANE.</p> <p>PARENT NOTE: Share a story with your child about a time someone said something to hurt your feelings. Children empathize with their parent's childhood a great deal and could vicariously learn from your experience. Share a story that will cause them to think about how their words could hurt someone even as precious as their parent. Humanize.</p>
Tues 15	Effective producing or capable of producing an intended result	Complete the one thing you have procrastinated the most before anything else!	<p>AND NOW! Back to the Classroom: "YOU NEVER LET ME GET A WORD IN!" How many times have you heard someone say that in an argument? That is because the most effective communication is when two people take turns listening to each other's point of view. Funny thing is, if they actually listen to one another, they may actually be saying the same thing just from another perspective. STAY IN YOUR LANE.</p> <p>PARENT NOTE: Ask your child what is the best way for you to help them when they have a problem. Find out if your child prefers just listening, advice, or both in your conversations.</p>
Wed 16	Teamwork producing or capable of producing an intended result	Encourage and promote change. Be a change agent.	<p>AND NOW! Back to the Classroom: TEAMWORK. TEAMWORK...WOOT WOOT! Get it together and get it done! A task can be a lot more gratifying when everyone on the team is working together toward the same goal. Keep those communication lines open because teamwork requires a lot of cooperation. STAY IN YOUR LANE.</p> <p>PARENT NOTE: Here is a good time to model teamwork and cooperation. Coordinate a plan to get the kitchen clean in 20 minutes after dinner. TEAMWORK. TEAMWORK...WOOT WOOT! Get it together and get it done!</p>
Thur 17	Face-to-Face directly facing each other	Bring up and engage in a difficult subject or conversation	<p>AND NOW! Back to the Classroom: SAY IT TO MY FACE! Face-to-Face communication is the most genuine type of communication for most people. Mostly because you get to pick up on the things that the words don't express so well. Someone can say they are fine with tears in their eyes. Take the time to experience good people and the good energy you get from face to face meetings with loved ones. Go visit someone you care about today. STAY IN YOUR LANE.</p> <p>PARENT NOTE: Road Trip! Take the time to visit a neighbor or loved one with your kid today. Talk about how much more personable a visit can be over a phone call.</p>
Fri 18	Two-way involving two parts or elements	Keep your actions and decisions aligned with your values	<p>AND NOW! Back to the Classroom: One way you can let people know you are listening is to nod your head. It encourages others to continue the conversation. Another way it briefly summarizes your understanding of what they are saying. This technique allows for a two-way conversation. STAY IN YOUR LANE.</p> <p>PARENT NOTE: Talk to your child about people who use the "silent treatment" to manipulate situations. When a child knows people are aware of these antics, they become less likely to use them.</p>



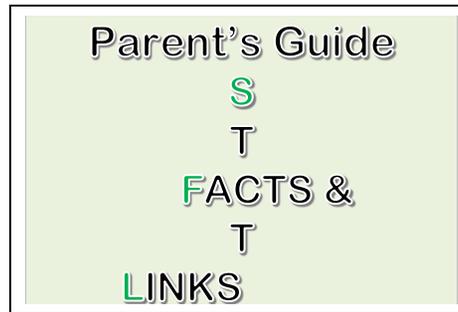
August 2017 Communication

	Words of the Day	Leadership Tip of the Day	Table Talks
Mon 21	Confuse mistake one thing for another	Be first to demonstrate and practice the Golden Rule	<p>AND NOW! Back to the Classroom: Don't ever be afraid to ask someone for clarification when the message is unclear. If you are confused, and remain confused, you only add to the confusion. Most times people are happy to make sure you understand what they mean. STAY IN YOUR LANE.</p> <p>PARENT NOTE: Let your child know that it's okay for them to make sure that you understand their point of view. Also, offer your point of view with an "and" instead of a "but". When we say "but" it discounts value of their view whereas an "and" implies you are merely adding your perspective to theirs for them to consider. "You were thinking to get blue and I was thinking yellow" sounds better than, "You were thinking to get blue but I was thinking yellow."</p>
Tue 22	Distract draw someone's attention away from something	Choose to promote someone else's idea over your own	<p>AND NOW! Back to the Classroom: FOCUS! In this day and age distractions are all over the place. One of the biggest is your cell phone. I challenge you to decide to give one person your undivided attention when you are speaking to them. Let someone know their time is valuable by focusing on the moments you share with them. STAY IN YOUR LANE.</p> <p>PARENT NOTE: Plan to take a trip out to dinner for you and your child to observe how some people pay more attention to their phone than each other even when they go out to dinner. We all may be guilty of doing this time to time, but sometime watching others can make us more mindful of our own behavior.</p>
Wed 23	Inattentive showing a lack of awareness, concentration, or care	Listen and think more than you talk	<p>AND NOW! Back to the Classroom: Remember in grade school when you were not listening or not paying attention? There were consequences. Now you are older, how do the consequences change? Pay attention in class! It is to your credit that you are willing to give your attention to the teacher who shows up every day to serve you. STAY IN YOUR LANE.</p> <p>PARENT NOTE: Talk to your child about being present in every moment. Start with them being present in this moment of Table Talks and how it is intimate, meaningful conversations like these that will form the memories needed to carry them toward their future.</p>
Thur 24	Interfere get involved, so as to alter or hinder an action	Pick 3 low value things you can stop doing and stop doing them from now on	<p>AND NOW! Back to the Classroom: What do you do when someone is bullying another student? There are appropriate times to interfere on behalf of someone else. Do not let what you cannot do interfere with what you can. STAY IN YOUR LANE.</p> <p>PARENT NOTE: Today is a good day to give your child a lesson in advocacy. Talk to them about the ways they can help someone who may not have the strength to stand up for themselves alone.</p>
Fri 25	Organize arrange by systematic planning and united effort	Work hard and play hard, you need to show an ability to balance both	<p>AND NOW! Back to the Classroom: Have you ever had to make a call or give a speech and the moment you open your mouth your mind goes blank. One way to prepare for these moments is to get organized and make an outline of the points you want to cover. It's a good feeling when you finish a presentation and you know you have said all that needed to be said because you were prepared. STAY IN YOUR LANE.</p> <p>PARENT NOTE: Today would be a good day to talk about the fact that not being able to speak effectively is like having a song and not being able to sing. Practice Speaking</p>



August 2017 Communication

	Words of the Day	Leadership Tip of the Day	Table Talks
Mon 28	Interactive capable of influencing each other	Reduce and even eliminate things that are distracting	<p>AND NOW! Back to the Classroom: Nobody wants likes to feel as if they are talking to themselves... or do they? Have you noticed that some people talk at you and not to you? They really don't want any feedback and really don't want a response. Conversation should never be unilateral in this way. Conversations are supposed to be an interactive experience. Keep that in mind during our next social interaction. STAY IN YOUR LANE</p> <p>PARENT NOTE: Challenge your child to practice being interactive with a conversation. Teach them about open ended questions and how to listen before responding. While you are observing, only add written input, so your child has to read it. Role reversal, the parent remains quiet.</p>
Tue 29	Posture the arrangement of the body and its limbs	Stay calm and control emotional outbreaks in all situations	<p>AND NOW! Back to the Classroom: Posture is very important. Sometimes we can tell how someone feels just based on their posture. You can tell someone is excited when they are sitting on the edge of their chair. You can tell someone is down when they are slumped with their neck dropped. Take a personal inventory of your posture. What does your posture say about you? STAY IN YOUR LANE</p> <p>PARENT NOTE: Discuss their posture at the dinner table. Make sure yours is in check. Talk to them both about what slouching at the table and playing with their food may say to the cook.</p>
Wed 30	Interview the questioning of a person; often conducted by journalists	Sacrifice your own time or personal goal to help achieve a collective goal	<p>AND NOW! Back to the Classroom: Think of all the things you would like someone to know about you. List the things that interest you and that you think are important. These are your values. Whenever you have to be interviewed be sure to convey to your values during the interview. After all, most times you are called for an interview so the person can get to know you. Show them the best parts of you that you would like to grow. STAY IN YOUR LANE</p> <p>PARENT NOTE: Today try to talk to your child as if they are being interviewed for a show. Try to get them comfortable with the idea of putting their best foot forward and leaving a positive impression.</p>
Thur 31	Sender someone who sends a message	Take on a task or trade a task for one that no one else wants to do	<p>AND NOW! Back to the Classroom: Make your words soft and tender because you never know when you may have to eat them. Unfortunately, we cannot take back offending words once they are spoken, however, we can ask for forgiveness and another chance to get it right. STAY IN YOUR LANE</p> <p>PARENT NOTE: Apologize to your child if you can remember a time you said something to them, in a way that may have been offensive. Apologies are a great way to make yourself more relatable and more approachable by your child.</p>
Fri			



August

Back to the Classroom

Transitioning teens back to the flow of school is never an easy task. Some teens are ready on their own, and others need help with the transition.

- Discuss with your teen about how he/she feels about going back to school.
- Ask your teen if they are ready to go back to school.

We all make New Year's Resolutions. Why not set goals and intentions for the new school year? Asking your kids questions like the following will help get them out of autopilot and into feeling empowered about school.

- What did you like about the previous school year?
- What didn't work for you?
- What would you like to see change?
- What are your goals for the upcoming year?
- What do you want to accomplish?

A brainstorming session around the dinner table (mom and dad can set intentions too!) followed by more formal goal-setting in a journal is a great way to avoid getting swallowed up whole by busy schedules, homework, and after school activities and gets kids to plan how they intend to achieve their goals.

Get to Know Your Teen's Goals

Some of the most successful people have called out that setting and reaching professional, personal or educational goals is the key to establishing what's important in life and actually getting it.

Setting goals with teens requires them to adopt certain characteristics that will translate well in the adult world. Some of these characteristics include motivation, commitment, determination, enthusiasm, and how to deal with frustration and discouragement.

Setting and reaching goals are valuable life lessons that your teen can learn when it comes to decision making and problem solving (Setting Goals with Teens, 2014).

- Talk to your teen about what they want to be when they grow up.
- Talk to your teen about what it takes to achieve their goals.

For more information: <http://helpyourteennow.com/setting-goals-with-teens/>

Open Communications with Your Teen

Keeping the doors of communication open with an adolescent is tricky for most parents. This transitional time between childhood and adulthood tends to place barriers between generations. Among other things, parents must set limits, request information, and supervise activities. Our intention is to guide and stay informed. Yet, often the effect upon our teen is that they feel policed and intruded upon (Rich eld).

- Discuss with your teen how you are there for him/her.
- Discuss with your teen how communication is important.

Control your own reactions to unwelcome news. The quickest way to shut down communication channels with a teenager is to become harsh, blaming, and close-minded. Once we adopt an adversarial stance we trigger the same in our teen. Remind yourself that to stay connected we must ensure that they view us as on their side even when we disapprove or feel disappointed in them. To protect the bond, position yourself as a coach who reviews events, identify problems, and discusses strategies to prevent future trouble.

Use bridge-building language. Teens are extremely sensitive to being lectured and “talked-down-to.” Once they feel demeaned they may strike back with words that turn discussions into verbal battle fields. Parents can help keep communication free of conflict by using non-judgmental and bridge-building language. Expressions such as “let’s try to figure out why this happened” or “maybe you have some ideas about how to solve this one” support the teen’s self-esteem and communicate a parent’s respect for their perspective. Parents are wise to avoid the typical traps that erode communication: jumping to conclusions, dragging up past problems, and predicting future mistakes.

Take advantage of connecting opportunities. As much as teens crave their privacy they remain dependent upon us for many wants and needs, including our approval and involvement. Pathways for connecting often present themselves to parents who keep their eyes and ears open to these opportunities. The currents of teenage life, such as peculiar music, racy television shows, and suggestive humor, are often staring us in the face. Next time, consider taking some time to stop, look, listen, and yes, even enjoy.

Pay careful attention to timing. Teens may be moody and sometimes unpredictable, but observant parents can determine when it’s best to introduce difficult issues for discussion. In many cases, timing is everything. Try to pick up on the signals suggesting that the doors to interaction are open or closed, such as their expression, tone of voice, and the present circumstances. If you’re not sure, ask. Questions such as, “Is this a good time to talk about...?” communicates your understanding of their feelings and preferences. The result may be a more open and productive dialogue.

For more information: <http://healthyplace.com/parenting/the-parent-coach/how-parents-can-improve-communication-with-teenagers/>

Get Involved in Your Teen’s Life

It has been shown many times over in research studies that **a parent who is involved in their child’s education has a positive impact.** It’s reflected in improved grades and test scores, strong attendance, a higher rate of homework completion, higher graduation rates, improved attitudes and behaviors in the child, as well as the child being more likely to become involved in positive extra-curricular activities.

Send out the message early in your child’s education that your home is an involved and active supporter of their learning (Robert Myers, PhD, 2014).

- Help your teen with their homework.
- Find an activity to do as a family, ask your teen’s opinion.

For more information: <https://childdevelopmentinfo.com/homework-help/the-positive-influence-of-being-involved-in-your-childs-education/>