

Name: _____

You are a communication skills inspector. Just as a building inspector makes sure a building is in good working order, you will make sure your communication skills with another person are in good working order.

Today you're going to inspect your communication skills with an adult family member. Think of an activity or chore you can do together where you will need to use communication skills. Take a look at the list of communication skills "inspection items" here before you start. Then get going! When you've completed the activity, go through the checklist and mark all the skills that were in good working order.

Can't think of an activity?

Here are a few ideas: chores, homework, grocery shopping – just about anything you can do where you work cooperatively with another person!

The chore or activity I will be doing with an adult family member is _____.

Communication Skills Inspection List

Active Listening

- Look at the person.
- Don't interrupt.
- Show interest.

Respecting

- Give compliments.
- Listen to the adult's ideas.
- Be polite.
- Don't be judgmental.

Empathy

During the activity, the adult was feeling _____.

My clues were _____,
and _____.

How would you rate your overall communication skills?

- Great! Need some work
- Okay

Now show this to the adult, and see if he or she agrees!

This homework assignment was completed on _____.
(date)

_____ [adult] signature

