

Michigan Alliance for Families

Youth Self-Determination Series-Home Activities Checklist

Series 2-Session 3: Non-Verbal Communication and Flexibility

Name: _____

Date: _____

Home Activities Checklist

Use the checklist below to work through the assigned home activities. You can work through these activities with your parents, siblings, peers, or other support person.

Done	Activity
	Review the Class 3 Handout on Non-Verbal Communication and Flexibility
	Complete the Non-Verbal Communication Worksheet
	Complete the Flexibility Worksheet
	Review the provided resources on Non-Verbal and Flexibility