

Michigan Alliance for Families

Youth Self-Determination Series 2

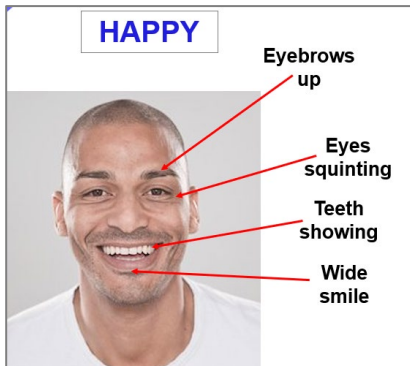
Session 3-More Non-Verbal & Flexibility-Handout

Forms of Non-Verbal Communication

- Facial expression
- Body position, movement, gestures
- Personal space
- Eye contact
- Clothing
- Visuals
- Electronic communication
- Clothing
- Hygiene/grooming
- Assistive technology

Facial Expression

- Watch eyes, eyebrows, mouth



Body Movement, Position, Gestures

- Movement: sitting, walking, standing
- Position: standing or sitting
- Gestures: thumbs up, motioning to “come here” or “stop”, pointing, waving, clapping



Clothes

- First impressions
- Clean
- Match what you are doing
- Expected clothes (like at work)
- Shows area of interests



Hygiene and Cleanliness

Cleanliness

- Bathe or shower
- Use deodorant
- Wear clean clothes
- Watch body odor

Finger and toenails

- Cut and file nails
- Clean under them

Hygiene and Grooming

Hair/Facial Hair

- Wash regularly
- Keep trimmed
- Comb or brush daily
- Shaven, trimmed

Teeth and Breath

- Brush teeth daily for at least 2 minutes
- Use mints

Visuals

- Pictures or symbols
- Communication boards
- Photo or picture checklists
- Signs
- See visuals everyday!



Written and Electronic Communication

Written Communication

- Handwritten or electronic like email, texting, social media, etc.
- Relays an idea or thought
- Exchanged between two or more people
- Assistive technology may be written or electronic

Electronic Communication

- Phone
- Computer
- Online platforms (social media like SnapChat, Instagram, Discord, etc.)
- Assistive devices

2-Message Rule

- ONLY send or leave **2 messages** (of any kind...text, voice mail, email, social media, etc.).
 - If they don't respond, move on!
 - Texting or communicating over and over and over may become a problem.

Assistive Technology

- Specialized keyboards
- Touch screens
- Dictation (text to speech)
- Word prediction (suggests correct spelling or grammar)
- Voice recognition
- Spell check
- Dictionaries
- Screen readers
- Braille display
- Others

Positive and Negative Body Language

Positive

- Smiling
- Facing you
- Talking with hands
- Looking at you
- Nodding
- Sitting up straight

Negative

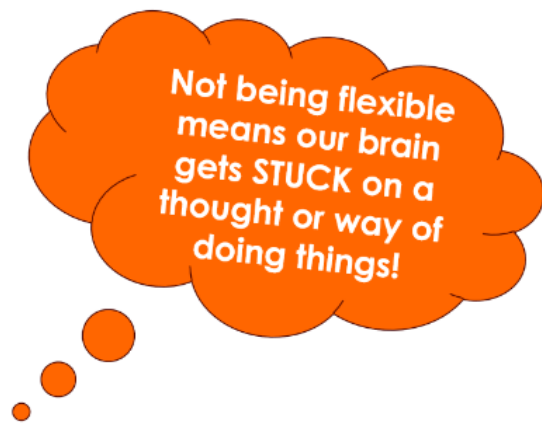
- Frowning
- Arms crossed
- Hands on hips
- Slouching
- Talking with hands
- Looking at their watch



Flexibility

Flexibility means...

- Being flexible with our brain
- Being ok if things change
- Trying new things
- Thinking differently
- Not always getting our way



Being flexible is hard...

- Change is hard
- Trying new things is hard
- Thinking differently is hard
- Sharing is hard

Being Inflexible or Rigid

- Rigid thinking-not bending
- Only doing things one way
- Refuse to try new things or ways of doing things
- Not seeing things from others point of view
- Not letting go of control you do not have
- Causes anxiety

Getting Stuck

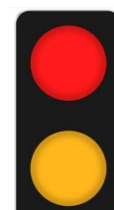
- When we aren't flexible, our brain can get STUCK on a thought or way of doing things
- Can cause issues with relationships
- Can make us more anxious

Compromising

When someone else is involved and it's hard to be flexible:

- Win-win (both people win!)
- You AND the other person get and give up something
- Example:
 - You want to play video games until 11:00p.m.
 - Your parents say you are done at 9:00 p.m.
 - You talk and agree on 10:00 p.m.
 - Both get something and give up something

When Flexibility Is Hard



- **STOP**-before I say or do anything
- **THINK**-about how I feel and why being flexible is hard
 - Ask myself: “Do I have control over the situation?” or “What is their point-of-view?” “Can we compromise?”
- **CHOOSE**-how I will handle it while trying to be flexible

1. Stay calm
2. Tell yourself it’s okay to do some things differently or try something new
3. Try not to get stuck and angry, frustrated, and upset
4. You cannot control some situations (but can control your responses)
5. Do something that relaxes you (meditate, take deep breaths, listen to music, think about something else, take a walk)
6. Compromise, if possible
7. Go with the flow, and tell yourself its okay if things change

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- **CHOOSE**-how to handle it