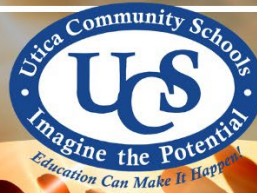


# MONDAY MOMENTS



NEW DAY · NEW WEEK · NEW GOAL

## Monthly Theme: Get Understanding Week 16: Listen Up



“The most basic of all human needs is the need to understand and be understood. The best way to understand people is to LISTEN to them.”

~ Ralph Nichols, "Father" of the Study of Listening



What is one way you will actively LISTEN this week?



Strike a Pose ~ Seventy percent of our communication is nonverbal and body language. Our facial expressions share a lot of what we want to say. In a charades style activity, STRIKE A POSE nonverbally that shows an emotion or feeling ~ joy, anger, frustration, boredom, sadness, etc. Then have the remaining charades participants guess the emotion or feeling. Let's show the importance of nonverbal cues and how they contribute to what we are trying to communicate.