



## HELLO PARENTS,

Interpersonal skills are the skills we use every day when we communicate and interact with other people, both individually and in groups. These skills include: verbal and non-verbal communication, listening, negotiation, problem-solving, decision-making, and assertiveness as well as the ability to control and manage your emotions. Children with strong interpersonal skills are able to communicate effectively, have better relationships and work well with others. In this newsletter, we provide you with activities that will help your child develop and practice interpersonal skills.

## ACTIVITIES INFANTS (3 -18 MONTHS)

### POINTING POWER

#### DIRECTIONS:

- Carry your child around, point to different objects and name them.
- Change your tone of voice and be playful to capture your child's attention.
- If your child makes attempts at talking, encourage them to name the objects or repeat after you.
- Take turns pointing to objects and asking: "What is that?"
- You can also play this game while walking around the neighbourhood.

[Click here](#) to listen to "One Little Finger".

[Click here](#) for more activities.

## TODDLERS (19 MONTHS – 2.5 YEARS)

### HAPPY OR SAD

#### MATERIALS:

- Magazine with pictures of people
- Scissors
- Ziplock bag

#### DIRECTIONS:

- Sit with your child face to face and talk about emotions such as: happy, angry, sad, surprised, etc. Encourage your child to act them out.
- Look through the magazine with your child and find pictures of people's faces.
- Encourage your child to name the emotions on people's faces. You can say: "Look at this man. Is he happy or sad?"
- Ask your child to guess why people may be happy, sad, tired, etc.
- Cut the pictures out and place them in a Ziplock bag.
- Encourage your child to sort the pictures according to the emotions.

[Click here](#) to listen to "Emotions Hokey Pokey".

## PRESCHOOLERS (2.5 – 5 YEARS)

### SHOW AND TELL

#### MATERIALS:

- A few objects chosen by your child
- A few objects chosen by you

#### DIRECTIONS:

- Gather the objects that you and your child have chosen.
- Ask your child to pick one object and tell you about it.
- Guide your child by asking simple questions such as: "What is it?", "Where did you get it?", or "How do you play with it?"
- Allow enough time for your child to gather their thoughts and respond.
- Take turns playing Show and Tell.
- Encourage your child to ask you questions and share your opinions with them.
- This activity enhances your child's communication skills and interactive turn-taking.

[Click here](#) to read "Henry's Show and Tell" by Nancy Carlson.

## JK/SK (4 – 6 YEARS)

### LISTEN UP AND SPIN A TALE

#### MATERIALS:

- Objects that make interesting, unique sounds.  
For example: tearing paper, pouring liquids, biting an apple, etc.

#### DIRECTIONS:

- Have your child cover their eyes with their hands. Say: "I am going to make a noise, and you guess what makes that noise".
- Make a familiar noise and ask your child to guess what it is without peeking.
- Switch roles and have your child make a noise.
- Encourage your child to make a short story that involves the sounds they heard. Each time you make a new noise, ask your child to add another detail to the story.
- You can help your child by providing sentence starters, such as: "Once upon a time there was...", "And then they...", "She decided to...", etc.
- Take turns playing this game.
- To make this game more challenging, make two or more sounds at one turn and incorporate them into the story.

[Click here](#) for more information and activities.

## SCHOOL-AGERS (6 – 12 YEARS)

### ACT IT OUT

#### MATERIALS:

- Paper
- Jar
- Pen

#### DIRECTIONS:

- Sit with friends or family members and learn about the three communication styles:
  - Passive - failing to express one's feelings and needs, and trying to avoid conflict.
  - Aggressive - trying to dominate and control others, failing to listen to them.
  - Assertive - expressing needs, wants and opinions openly and honestly while respecting other peoples' views.
  - [Click here](#) to find out more information.
- Think of real-life situations that may require assertive communication. Some sample scenarios could be:
  - Your brother uses your things without permission.
  - Your teacher graded a paper and you feel you should have received a higher mark.
  - Your friend calls you a nickname that you do not like.
- Write down the scenarios on separate pieces of paper and place them in the jar.
- Take one scenario from the jar and act it out with the other players using the three different communication styles.
- Have a group discussion about the different results each communication style creates.

[Click here](#) for more activities.



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### A TIP FOR TODAY

- Help your child to develop their empathy so they may understand how others feel.
- Ask your child open-ended questions to encourage critical thinking.
- Model and practice active listening, making eye contact and acknowledging what the other person is saying.
- Talk with your child often and model correct pronunciation and grammar.
- Support your child in solving their own problems.
- Provide your child with opportunities to make decisions.