



#### Lesson Four: Best self when communicating with others

Sometimes we have to communicate when things are very stressful. A real life example would be when a friend is being unkind to you or perhaps trying to have an argument. During these occasions it is important to remember your best self.



#### My best self when communicating during a stressful situation

Answer these questions, inside the face. (Use different colours)

- What do you look like?
- What do you do?
- How do you communicate?

