

Learning Objective: To teach children the appropriate use of eye contact

Skill: Emotional communication, self-awareness

Ask the group what they think "eye contact" means.

Tell them:

People speak with their eyes as well as their words. When people make eye contact, they look at the person to whom they are talking or listening. Making eye contact doesn't mean staring into the other person's eyes the whole time. It means looking at her every so often, so that she realizes you understand and care about what she is saying.

Without even speaking to you, other people are constantly giving you feedback about what you are doing. If you don't make eye contact with them, you won't be aware of their reactions. Likewise, if they don't look at you while they are speaking or listening to you, they can't fully know how you are feeling.

Distribute Activity Sheet 13. After one child has been the speaker and one the listener for all three situations, have them switch roles. Then, ask them to share their feelings about the three types of eye contact. Have a class discussion about what has been learned.

Making Eye Contact

ACTIVITY SHEET 13

Name _____ Date _____

Tell your partner everything you did from the moment you got up this morning until now. While you are talking, your partner should never take his eyes off your face—he should actually stare at you.



While you were talking, how did you feel about the eye contact your partner was making with you?

Tell your partner everything you are planning to do when you get home from school until you go to sleep. While you are talking, your partner should never look at your face.



While you were talking, how did you feel about the eye contact your partner was making with you?

Tell your partner everything you are planning to do this weekend. While you are talking, your partner should look at you some of the time.



While you were talking, how did you feel about the eye contact your partner was making with you?
