

# Michigan Alliance for Families

## Youth Self-Determination Series 2

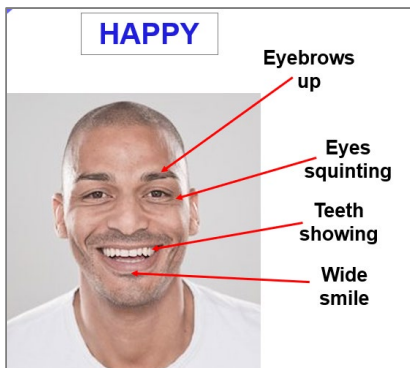
### Session 3-More Non-Verbal & Flexibility-Handout

#### 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

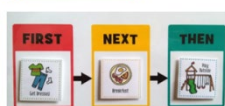
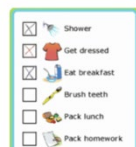
- Wash regularly
- Keep trimmed
- Comb or brush daily
- Shaven, trimmed

### 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

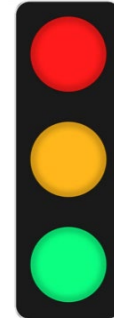
### When someone else is involved and it's hard to be flexible:

- 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

## When flexibility is hard:

- **STOP**-before I say or do anything
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- **CHOOSE**-how to handle it