

Thinking With My Friends and Family

Video: Breaking the Ice

For the past four years, Sarah and her family have lived at Camp Pendleton in San Diego, where her father, a Marine, is stationed. Recently, her father accepted a transfer to Camp Lejeune in North Carolina. Sarah remembers how difficult it seemed to make friends during the previous move to San Diego. Now she is nervous about moving to a new school and being the “new kid” all over again. In an effort to help, Sarah’s teacher has advised her to watch the *Making Sense* video, “Breaking the Ice” and then role-play a few of the public speaking strategies highlighted with her family at home.

Now it’s your turn. With a family member or friend:

Practice by having a conversation with someone in your family about your day. Surprise them by asking “wh” questions about their day (who, what, where, why) or by giving complete answers when they ask, “How was your day?” Avoid one-word answers such as “good” or “OK” or “fine.” After you finish the conversation, see how many things you can remember from your discussion.

Check out this website for some conversation-starting ideas: <http://casafamilyday.org/familyday/tools-you-can-use/conv-starters>

Next, role-play. Think through a possible conversation you may have with a new friend, teacher, or coach. Ask someone to pretend to be the other person and help you role-play a short conversation. Again, see how much information you can remember after you are finished talking.