

**Topic: Communication**

## Breathe

Let's try some active breathing. For those of you who want to feel more relaxed and present, but don't like sitting still, Tai Chi is perfect for you!

The essential principles of Tai Chi include mind integrated with the body; control of movements and breathing. The ultimate **purpose** of **tai chi** is cultivate the **qi** or life energy within us to flow smoothly and powerfully throughout the body.



## Learn

“**Communication** is simply the act of transferring information from one place to another and **facilitates the spread of knowledge** as well as **builds and creates relationships.**”

Communicating includes knowing when to express yourself, recognizing nonverbal cues, and being able to discern what is important when someone speaks to you. Here's more about active listening:



## Move

Time for a dance party! This is a fun hip-hop dance workout. Get ready... this is a good one!



## Grow

**Do you ask for help or communicate effectively when you need something? Why or why not? And how can you change that?**

Why should people **THINK** before communicating in person or online? What happens when people don't?

**T**– is it true?

**H**– is it helpful?

**I**– it is inspiring?

**N** – is it necessary?

**K**– is it kind?