

Worksheet 8

Unusual Behaviors

Which of these behaviors do you think people would consider unusual? Put a check mark in front of each. Discuss.

- ___ 1. Flipping fingers together
- ___ 2. Rocking back and forth
- ___ 3. Spinning around before you sit down
- ___ 4. Chewing on your hair
- ___ 5. Cracking your neck by twisting it back and forth
- ___ 6. Repeatedly clearing your throat
- ___ 7. Playing with a hangnail
- ___ 8. Repeating the same phrase over and over
- ___ 9. _____
- ___ 10. _____

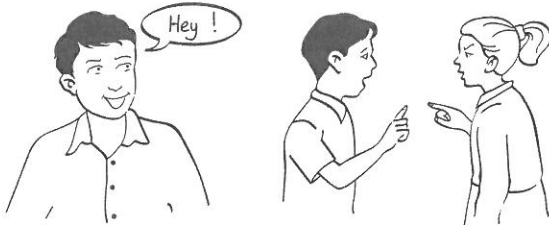


Worksheet 10

Neutral Behavior

When you are in a situation in which you DON'T KNOW WHAT TO DO, which of these behaviors might be the best one to try first?

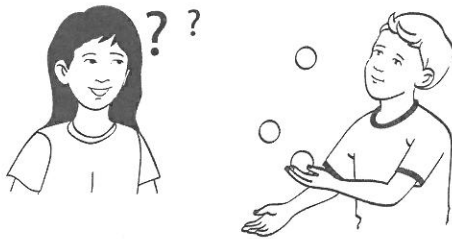
1. Say something.



Say nothing



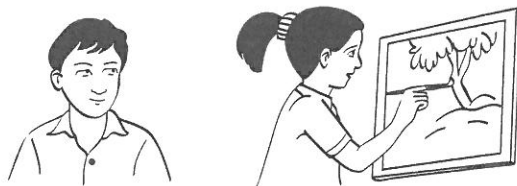
2. Ask questions about what's going on.



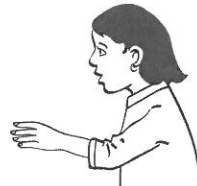
Pay attention—look and listen.



3. Stay back and wait.



Start telling people what to do.



4. Join in with what others are doing.



Observe what others are doing first and make sure you are welcome.



Skill 3: Getting Rid of Annoying Tendencies

INSTRUCTOR PAGES

Rationale: Part of appearing approachable and appropriate is avoiding annoying behaviors. Such behaviors as interrupting, invading someone's personal space, and repeating stories that have been told over and over and over are examples of some tendencies that make people want to avoid an individual.

Worksheet 11: Invading Personal Space

Students are to indicate the people who are invading someone's personal space.

Answer Key:

2, 3, 4

Worksheet 12: Interrupting

Students are to read the conversation and note how many times Amanda interrupted Marie.

Answer Key:

Amanda interrupted Marie three times.

Worksheet 13: Repeating Yourself

Students are to read the situations and discuss whether or not the conversation should be repeated to a new audience.

Answer Key:

1. annoying; 2. OK—requested to repeat story; 3. annoying—led to teasing; 4. annoying—too much detail; 5. OK— requested information

Worksheet 14: Bodily Noises

Students are to indicate the person who shows the better way to handle the bodily noise in each situation.

Answer Key:

1 and 3, person on right; 2 and 4, person on left

Worksheet 15: Being Bossy

Students are to put a check mark next to each bossy statement.

Answer Key:

1, 4, 5, 7

Name _____ Date _____

Worksheet 14

Bodily Noises

Circle the more appropriate ways to handle bodily noises.

1.



2.



3.



4.

