



HEALTHY KIDS SESSION AT SUGUTA MUGIE PRIMARY SCHOOL

Topic: Communication Skills

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On 14/05/2025, a Healthy Kids session was held at Suguta Mugie Primary School for Grade 7-9 learners. The session aimed to introduce and strengthen students' understanding of communication skills, focusing on how effective communication can support academic success, build healthy relationships and resolve everyday challenges.

Objectives of the Session

- To define communication and its key components
- To explore the different types of communication
- To help learners identify qualities of effective and poor communication
- To give learners practical opportunities to practice one-on-one communication

Definition of Communication

Communication was defined as the process of sharing information, ideas, and feelings between people.

Types of communication discussed:

- Verbal - Spoken words, tone, and clarity
- Non-verbal - Body language, facial expressions, gestures
- Written - Texts, notes, digital messages
- Listening - Active listening and giving attention to others

Importance of Communication

Learners discussed how communication plays a role in school, friendships, family and later in work and leadership.

Interactive Activities

Warm-up exercise - "Broken Telephone":

This quick game illustrated how messages can be misunderstood when communication is unclear or indirect. It set the tone for the lesson by showing the importance of clarity and careful listening.

Reflection and feedback

At the end of the session, students completed a short reflection exercise, responding to prompts such as:

- "One thing I learned today..."
- "One communication skill I want to improve..."

Many students shared that they had never thought about communication as a skill before and found the activities both fun and helpful.

Conclusion

The session was well received. Learners participated actively and showed a good understanding of the concepts discussed. Facilitators emphasized that communication is a lifelong skill that improves with practice and mindfulness. The practical nature of the session helped students relate the topic to their real-life experiences.

