

“HOW DO WE COMMUNICATE?”

TYPES OF COMMUNICATION

- **VERBAL:**

The use of meaningful words, nonsense or made up words, singing, sounds, yelling, shouting, or crying.

- **NONVERBAL:**

The use of body language; nonverbal communication is done.

Examples:

1. With our eyes
2. With touch
3. With facial expressions
4. With gestures/hand movements
5. With tone of voice
6. With body posture/position

THE GOALS OF VERBAL AND NONVERBAL COMMUNICATION ARE:

1. To encourage self-expression of thoughts and words!
2. To promote the individuals self-image and self-esteem!
3. To increase enjoyment and quality of life!
4. To promote socialization and a sense of community.
5. For the person to feel a sense of understanding to the best of their ability!
6. To feel as ‘Normal’ as possible.
7. To not feel embarrassed or ashamed.