

## FRIDGE "Communication Challenge" cards

Instructions: Photocopy this sheet and cut along dashed lines.

**1a**

Write in your personal diary while the other person talks to you.

**1b**

Try to get the other person to be excited about having dinner together tonight.

**2a**

Discuss what meals you would like to plan for this upcoming week.

**2b**

Tell your Mom about all the soccer games, practices, and snacks they need to bring for the next 2 weeks.

**3a**

You are having an important telephone conversation.

**3b**

You want the other person to help you wash the dishes even though they seem to be busy.

## FRIDGE "Communication Challenge" cards (cont.)

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Funded by the Pennsylvania (PA) Department of Public Welfare (DPW) through PA Nutrition Education Tracks, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DPW's toll-free Helpline at 800-692-7462. This institution is an equal opportunity provider and employer.

**4a**

You are trying to get input on what others want to eat for dinner.

**4b**

You are playing with a ball and not really listening.

**5a**

You want help getting dinner ready.

**5b**

You are watching TV and not paying attention to the person talking to you.

**6a**

You need help putting the groceries away.

**6b**

You are too busy playing video games.