# Skill-Building Challenge Worksheet: Healthy Communication

Name: Blank Class: Blank Date: Blank

Read each scenario and choose a communication strategy to use in the situation. Apply the strategy to the scenario and record what you think might happen as a result.

**Scenario A:** It is Jessep’s birthday. Her friend Phoenix bought Jessep a fancy cupcake for her birthday and brought it to lunch for Jessep to eat. But Jessep is trying to cut back on sweets and added sugars and doesn’t want to eat the cupcake.

***1.*** *What communication strategy or strategies could Jessep use to say “no” to the cupcake?*

***2.*** *What is a potential outcome of using the strategy?*

**Scenario B:** Mark is trying to get more nutrients in his diet, but he doesn’t know what to pick for his lunch. The food truck he is at has a lot of options, but some are foods he doesn’t recognize.

***1.*** *What communication strategy or strategies could Mark use to make the best choices to increase the nutrients in his diet?*

***2.*** *What is a potential outcome of using the strategy?*