


# RSE Day Communicate Activity Cards

Use the cards below to help explore ideas and topics around RSE day and the 2025 theme, **Communication**.



<b>Digital Communication</b> Create and record a message to your future self sharing your ambitions and goals.	<b>Visual Communication</b> Create a mind map of different ways to communicate with others.	<b>Written Communication</b> Write a short article for your school website explaining the importance of adapting communication for some people.	<b>Digital Communication</b> Research and create a two-minute podcast on the benefits and limitations of digital communication.	<b>Visual Communication</b> Create a poster for a display about different types of communication.
<b>Verbal Communication</b> In pairs, one person describes an object without naming it. The other person has to guess what the object is.	<b>Non-Verbal Communication</b> Create and perform a short story or situation using only body language and facial expressions.		<b>Verbal Communication</b> Research the NATO phonetic alphabet. Spell out your name to a learning partner using this alphabet.	<b>Non-Verbal Communication</b> In groups of three, two people talk about their hobbies and interests. The third person takes notes on their non-verbal body language and gestures.
<b>Written Communication</b> In a small group, one person writes the first sentence of a story. Then each person in the group adds another sentence to continue the story.	<b>Visual Communication</b> Think about the last lesson that you had. Write down your key learning points, without letters, using only symbols and images.	<b>Verbal Communication</b> In pairs, one person shares a story about their perfect day. The listener then retells the key points of the day and asks one question based on this.	<b>Non-Verbal Communication</b> Research and create a presentation about different types of non-verbal communication.	<b>Digital Communication</b> Write a small and engaging social media post about different types of communication.

