

TOOL 7 - YES, AND!
Module: COMMUNICATION
Worksheet

Objectives:

Awareness of the effect of using «but» in a conversation.
Awareness of the effect of using «(yes), and» in a conversation.
Noticing factors that will increase or decrease the flow in a dialogue.
Creative ways of presenting yourself and listening to others.
Practicing solution-oriented communication techniques.

Materials required:

Books and pencils
Flip over
Markers
Statement card

Step by step facilitation instructions:

Co-leaders do a demo in front of the room, clearly showing first the effect of using «but».
Summing up the observations on a flip chart.
Co-leaders do a demo in front of the room, clearly showing the effect of using «yes, and».
Summing up the observations on a flip chart.
Co-leaders do another demo in front of the room, building a house together using «yes, and» and imagination.
Two and two, the participants practice using «yes, and! » creating a house together.
Do a debrief of their experience.

Expected duration

30 minutes

Expected outcomes

Learning solution-oriented communication techniques.
Being less rigid in their own opinions and more flexible in ways of thinking and choosing directions in a conversation.
Increased flexibility and problem-solving skills.

Autism-specific adaptations

Structured instructions and predictable flow - Flexible timing and reduced cognitive load. Environmental adjustments to minimise sensory stress.

VISUAL AND WRITTEN SUPPORT			
TWO ILLUSTRATIONS, ONE OF YES, BUT! ONE OF YES, AND!			
PERSON A	PERSON B	PERSON A	PERSON B
Sharing something	Answering Yes, BUT!	Sharing something	Answering Yes, AND (WHAT I LIKE ABOUT THAT!)
			
			
Problem-focused communication		Solution-focused Communication	
STATEMENT CARD			
 Yes, and what I like about what you are saying is...			
CHECKLIST • How many participants: • What worked and why: • What did not work as planned: • Number of participants who engaged: • Step 1 completed: • Debrief completed:			