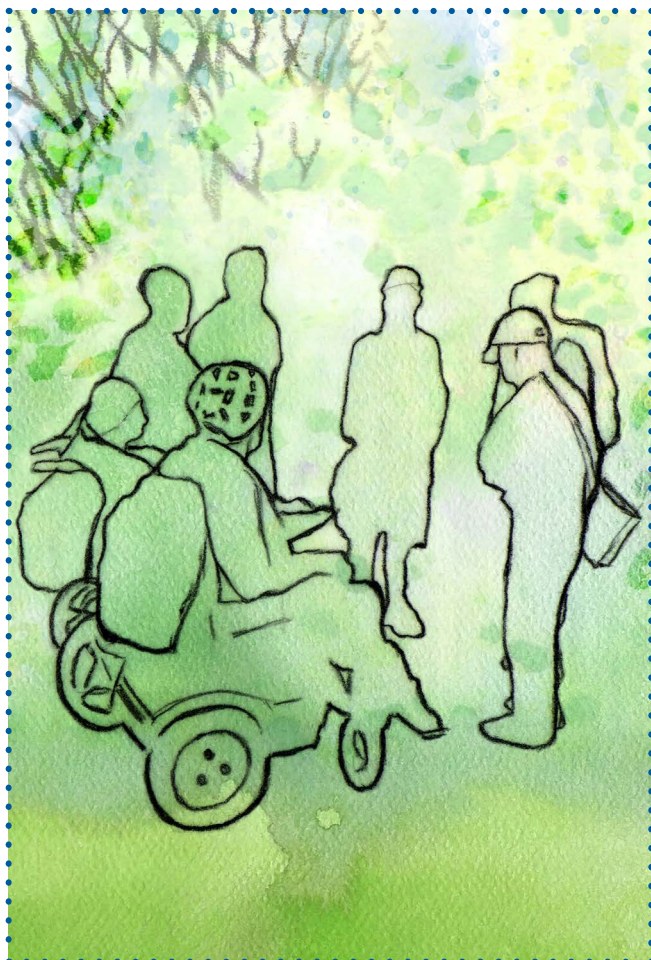


# COMMUNICATION – THE LANGUAGE OF CONNECTION

This card was created to support you in conscious, empathetic communication – to remind you that language has power: it can bring people together rather than divide them. It offers guidance on how to speak, when to listen, and why silence matters.



## PRACTICE

At the beginning of the walk – the KEY is to ask participants how they would like to communicate:

### EXAMPLES OF COMMUNICATION:

#### With a deaf person

Face them directly, speak clearly, without exaggerating your articulation.

If possible, use Sign Language interpreter or write things down.

You might say: “Would you prefer me to write down what I’m saying?” “Would an interpreter be helpful for you?”

#### With a blind person

Speak naturally – don’t avoid words like “see” or “I saw this place.”

Describe the surroundings, feelings and sounds, for example:

“I’d like to ask, what’s the best way for me to communicate with you?”

“Is the way I’m speaking clear to you?”

#### IN THE CIRCLE:

The opening question, inviting everyone into presence, is:

“What is alive in you?”, “What is present in you?”

Make it clear that every voice matters – including silence:

“You can take this question in any way you like. You may speak, show, write... or simply sit in silence – silence is also an answer.”

“If someone chooses not to speak, we don’t press them – we give space. Perhaps silence is exactly what is needed.”

#### DURING THE WALK:

Instead of giving instructions, ask questions, for example:

“Would you like to be closer, or would you prefer to stay a little apart?”

If you are unsure, you might ask: “What’s this like for you?”

In challenging moments (such as tiredness or frustration), you can say:

“I can see this might be hard. How can I support you?”

“You can hear the rustle of leaves and birds overhead. We’re standing by a big oak tree.”

“On your left there are uneven roots – I can guide you across if you’d like.”

#### With someone using AAC (e.g. tablet, pictograms, communication boards):

Give them time to respond. Ask simple questions:

“Would you like to say something using your tablet?”

“You can show me a picture or nod – every way of expressing yourself is fine.”

“Do you need a little more time?”

### WORTH REMEMBERING:

- The group's agreement on how to communicate is the foundation of relationships.
- Every form of expression has value.
- Silence is also a language.
- Don't be afraid of not knowing – ask.
- A space that welcomes different ways of communicating is a space where people can truly be themselves.
- "I don't know" is the beginning of a conversation, not the end.

### ASK YOURSELF:

- How do I make sure that I can be understood by all participants?
- How do I feel when I don't understand someone? What do I do then?

Write down your reflection.