

R U OK? at School

Year 7-8 tool box

Lesson plan 2: Asking the question

R U OK?TM
A conversation could change a life.

Key message

Asking people around you if they're ok and demonstrating effective listening skills can help friends feel valued, supported and connected.

Outcomes

By the end of this lesson students will be able to:

- Identify people who need to be asked 'are you ok?'
- Develop skills to start meaningful conversations
- Understand that further help or assistance may be required beyond an initial conversation

Activity 1 – What makes a meaningful conversation?



Resources

4 white board markers

Instructions

- Put the heading 'What makes a meaningful conversation?' on the whiteboard.
- Ask students to come up 4 at a time to write their responses to the question on the board.
- As a class, group similar answers and discuss the different viewpoints.
- Identify that the ingredients for a meaningful conversation may be different for different people.

Computer lab option

Get students to create a VOKI avatar to display how they might ask someone questions that are meaningful. You can post these on your class wiki, blog, online learning page etc.

Activity 2 – How to ask 'are you ok?'



Resources

SWOT Analysis Worksheet (A)

Instructions

According to the different ways people can communicate, use the **SWOT Analysis Worksheet** to identify for each the:

- Strengths
- Weaknesses
- Opportunities
- Threats

Identify as a whole class the most effective means of communicating and why you might use different media for different situations.

Activity 3 – How to follow up on a conversation



Resources

- Cartoon Connection Worksheet (B)
- How to start a conversation (YouTube clip)

Instructions

- Watch the YouTube clip **How to start a conversation**:
<http://www.youtube.com/watch?v=hFzRTwTCmXA&feature=youtu.be>
- Using the **Cartoon Connection Worksheet**, students devise ways that they could assist someone after an initial conversation.
- Discuss possible answers as a whole class.
- Identify adult and expert support at school they can refer a friend to.

Computer lab option

Create an electronic cartoon using Comic Life instead of pen and paper.



School partners:

Brainstorm
Productions



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