

Learning Objectives

- ◆ To understand that understanding good listening requires two way communication – sending and receiving a message (knowledge)
- ◆ To have practiced using open questions and listening for feelings as well as facts (skills)
- ◆ To discuss and review what good listening skills are, and how it feels when someone doesn't demonstrate that they are listening to what you are saying (attitudes/values).

Total Time
45 mins
+15mins
extension
activities

Teacher's Notes**Preparation:**

- ◆ Photocopy all relevant worksheets.
- ◆ Think about what makes good communication, in particular being able to clarify or check information given, using body language such as eye contact and leaning forward / away, and the use of open and closed questions.

Ground rules: Please read this statement out at the beginning of the lesson: "In this lesson we will be covering some sensitive issues. You may be affected personally by the topic that we are discussing today, or you may know someone else who is. Please be respectful and thoughtful of others, and treat the subject responsibly. If you would like to talk to someone after the lesson, you can go to ... (please either give the contact person in the school, for example a school counsellor, or an outside number, for example Samaritans).

Resources

- ◆ Photocopy and cut out prompt cards for classroom exercise 1 and 2
- ◆ [optional] Samaritans Emotional Health in Schools DVD
- ◆ [optional] Photocopies of Worksheet 1: Kate and Sarah
- ◆ [optional] Photocopies of 'Tips' for good communication and listening skills
- ◆ [optional] DVD Player.

Introduction

Briefly introduce the topic of communication by explaining that it involves two parts, speaking and listening. Or in other words, sending and receiving a message. Sometimes we can 'send' a message, but the other person does not 'receive' it in the same way that it was sent. Why might that be? The other element in communication is the context that the message is given. Context can mean the place or the person. Explain that today's lesson will use a few exercises to demonstrate how this works.

An example of how context affects how a message is received is when someone has told us something about someone that affects our view of them (eg something mean or illegal that they have done). When that person speaks to us we 'filter' what they say through the impression that we already have of them.

Time
5 mins

