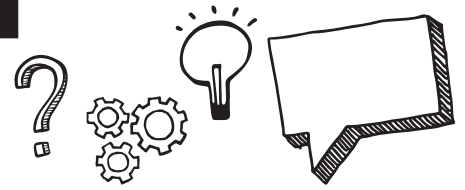


Classroom activity

Looking out for your mates

Year level **10**



Duration	20 minutes
Learning intention	Students recognise the signs that their friend is not ok.
Activity focus	This activity focuses on students understanding the different signs, some obvious and some not very obvious, that show that their friend needs help.
Resources required	<ul style="list-style-type: none">○ Ability to show video to a class (or student laptops)○ Signs that my friend is not ok worksheet○ 2 highlighters per student
Curriculum and wellbeing themes	<ul style="list-style-type: none">○ Emotional awareness○ Personal and social skills
Success criteria	I can: <ul style="list-style-type: none">○ Recognise when my friend needs help.
Activity description	<p><u>Brainstorm (5 minutes)</u></p> <p>1. In small groups, students brainstorm the signs that someone may not be OK. Use these prompts as headings on the board:</p> <ul style="list-style-type: none">- What are they saying?- What are they doing?- What's going on in their life? <p><u>Class Discussion and Highlighting (10 minutes)</u></p> <p>1. Ask the class to highlight the obvious signs that someone might not be ok.</p> <p>2. Ask the class to circle the subtle signs that someone might not be ok.</p> <p>3. Discuss how you might become more aware of the subtle signs in your friends.</p> <p>4. If you notice the signs in someone who isn't a close friend, what would you do?</p>
Differentiation	<ul style="list-style-type: none">○ Support Strategies: The brainstorm could be adjusted to a class brainstorm using a whiteboard or butcher's paper depending on class dynamics.○ Extension Strategies: In small groups create a short video to show your year group about the different ways that a person shows they are not ok.
Reflection question	How might we approach someone who is displaying the signs of not being ok?