

## Classroom activity

# Having trouble asking?

Year level **10**

social  
media

speaking  
in person

text  
message

<b>Duration</b>	20 minutes
<b>Learning intention</b>	Students recognise the most ideal scenarios to ask R U OK?
<b>Activity focus</b>	This activity focuses on students watching and interacting with a role play video. They then use this information to come up with different ways to ask R U OK? and the different communication forms to do this.
<b>Resources required</b>	<ul style="list-style-type: none"><li>○ Ability to show video to a class (or student laptops)</li><li>○ Sticky Notes/Pens</li></ul>
<b>Curriculum and wellbeing themes</b>	<ul style="list-style-type: none"><li>○ Help-giving</li><li>○ Communication</li></ul>
<b>Success criteria</b>	I can: <ul style="list-style-type: none"><li>○ Recognise the right moments to ask R U OK? and be able to ask R U OK?</li></ul>
<b>Activity description</b>	<div><p><u>Roleplay an R U OK? conversation (5-10 minutes)</u></p><ol style="list-style-type: none"><li>1. Go to <a href="https://www.ruok.org.au/how-to-ask">https://www.ruok.org.au/how-to-ask</a></li><li>2. Roleplay an R U OK? conversation video. Choose a scenario and navigate through the conversation.</li><li>3. Choose one other scenario and navigate through this conversation.</li></ol><p><u>Class Discussion (5-7 minutes)</u></p><ol style="list-style-type: none"><li>1. Give students a small stack of sticky notes.</li><li>2. Choose a space on the wall/board to create a brainstorm.</li><li>3. Ask students to write down all the different ways we can communicate. Eg: calling, text message, DM</li><li>4. Give the students 60 seconds.</li><li>5. Ask the students to place their sticky notes on the wall.</li><li>6. Group the main ideas.</li></ol></div> <div><p><u>Sticky note Brainstorm: ways to ask 'are you OK?'</u></p><ol style="list-style-type: none"><li>1. Repeat the above activity, but this time ask students to brainstorm the different ways they can ask 'are you OK?'</li><li>2. For example: 'How are you going?'; 'How was school?'</li></ol><p><u>Class Discussion</u></p><ol style="list-style-type: none"><li>1. Ask the class, "Are all these forms of communication suited to all these different ways of asking "are you OK?"</li><li>2. Start matching different forms of communication to different ways of asking.</li><li>3. What will determine how you ask someone "Are you OK?"?</li></ol></div>
<b>Differentiation</b>	<ul style="list-style-type: none"><li>○ <b>Supporting Strategies:</b> Roleplay an R U OK? conversation could be conducted in pairs/small groups.</li><li>○ <b>Extension Strategies:</b> Use Miro Board (or a similar brainstorming online website) to create the sticky note brainstorm.</li></ul>
<b>Reflection question</b>	Why do we struggle to ask if someone is OK?