

Classroom activity

Opening your eyes and ears – What to look out for



Year level **11**

Duration	20 minutes	
Learning intention	Students will be able to recognise the signs that their friend may need help.	
Activity focus	During this activity students create a short video or poster which can be shared with others, that makes other people aware about the signs that their friend may not be OK.	
Resources required	<ul style="list-style-type: none"> Blank paper Laptop/Phone to film and edit video 	
Curriculum and wellbeing themes	<ul style="list-style-type: none"> Health messaging 	
Success criteria	I can: <ul style="list-style-type: none"> Recognise and identify signs that my friend is not OK. 	
Activity description	<u>Group Brainstorm</u> <ol style="list-style-type: none"> Split students into small groups Explain that they will be making a short video or poster that highlights the signs that someone may not be OK. In groups start brainstorming the signs they can look out for which might indicate that someone isn't OK. Prompting questions: <ul style="list-style-type: none"> What are they saying? What are they doing? What is going on in their life? Direct each group to the 'R U OK?' website (https://www.ruok.org.au/how-to-ask) if they need extra ideas. 	<u>Create a video or poster</u> <ol style="list-style-type: none"> Students make a short video or poster which is suitable to be shared with their peers. Students should choose 2 or 3 signs to concentrate on. Remind them that their message needs to be clear and simple. Students could use Canva, drawing or a video platform like iMovie. <u>Group Discussion</u> <ol style="list-style-type: none"> Creating posters and videos is a great way to spread a message and change behaviour. What makes an impactful video or poster? As a class choose the most effective or poster to share in the school newsletter or social media platforms.
Differentiation	<ul style="list-style-type: none"> Supporting Strategies: Students create a story board that describes what they would film and the text they would include. Extension Strategies: Creating a professional product to distribute within the community. 	
Reflection question	When should you be looking for signs that someone is not OK?	

Friendship Acrostic Poem

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