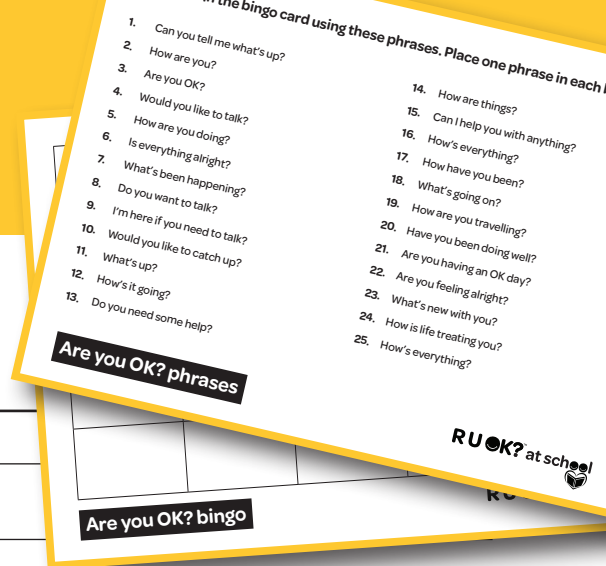


Classroom activity for Year 7

Different ways to ask 'are you OK?'

Duration	20 minutes
Learning intention	Students will be able to ask someone they are worried about if they are OK.
Activity focus	This activity focuses on empowering students to feel comfortable asking a friend, peer or family member if they are OK. Students will identify a variety of phrases they can use when they are worried about someone.
Resources required	<ul style="list-style-type: none"> Writing implements Bingo card
Curriculum and wellbeing themes	<ul style="list-style-type: none"> Help-giving Wellbeing
Success criteria	<ul style="list-style-type: none"> I can ask 'are you OK?' in different ways.
Activity description	<p>Class discussion</p> <ol style="list-style-type: none"> Explain to students that to help those around us, it's important we ask them what's going on. If we have an instinct that someone may not be OK, we should check in to see if they need help or support. It's also a great way to ensure they feel safe and supported. <p>Ask students:</p> <ul style="list-style-type: none"> Why is it important to check in with our friends, family and peers? Do we communicate with everyone in the same way? Is there only one way to ask someone if they are OK? <p>Think Pair Share – ways to ask 'are you OK?'</p> <ol style="list-style-type: none"> In pairs, students make a list of different ways to ask, 'are you OK?' Suggest allowing 5-10 minutes. <ul style="list-style-type: none"> If students require support, provide sentence starters. For example: Do..., How..., Are..., I'm..., Have..., What... Encourage students to be creative. Different ways of communicating such as text messages, Auslan and different languages can be explored. Join pairs to form groups and share answers. Ask each group to share two of their ideas. This activity could be done in a collaborative space, for example on white boards or butcher's paper. <p>Bingo – ways to check in</p> <ol style="list-style-type: none"> Give each student in the class their own bingo card. Students fill their card by selecting statements from the provided list. Explain to students that you will read out different statements in a random order. Each time you read out a phrase they need to cross this off on their card. Once they have five in a row either horizontally, vertically or diagonally they should yell out 'bingo'. The first person to say bingo is the winner. <p>Check out – how will you ask?</p> <p>Before leaving, ask each student to share how they will ask someone 'are you OK?'</p>
Differentiation	<ul style="list-style-type: none"> Support strategies: <ul style="list-style-type: none"> Provide students with goals for the brainstorm activity. Students play bingo in pairs so they can work together. Extension strategies: <ul style="list-style-type: none"> Provide students with a larger grid (6x6) and instruct them to add in an additional 11 phrases from the class brainstorms.
Reflection question	Is there only one way to ask R U OK?



Fill in the bingo card using these phrases. Place one phrase in each box.

- | | |
|----------------------------------|-----------------------------------|
| 1. Can you tell me what's up? | 14. How are things? |
| 2. How are you? | 15. Can I help you with anything? |
| 3. Are you OK? | 16. How's everything? |
| 4. Would you like to talk? | 17. How have you been? |
| 5. How are you doing? | 18. What's going on? |
| 6. Is everything alright? | 19. How are you travelling? |
| 7. What's been happening? | 20. Have you been doing well? |
| 8. Do you want to talk? | 21. Are you having an OK day? |
| 9. I'm here if you need to talk? | 22. Are you feeling alright? |
| 10. Would you like to catch up? | 23. What's new with you? |
| 11. What's up? | 24. How is life treating you? |
| 12. How's it going? | 25. How's everything? |
| 13. Do you need some help? | |

Are you OK? phrases

Are you OK? bingo