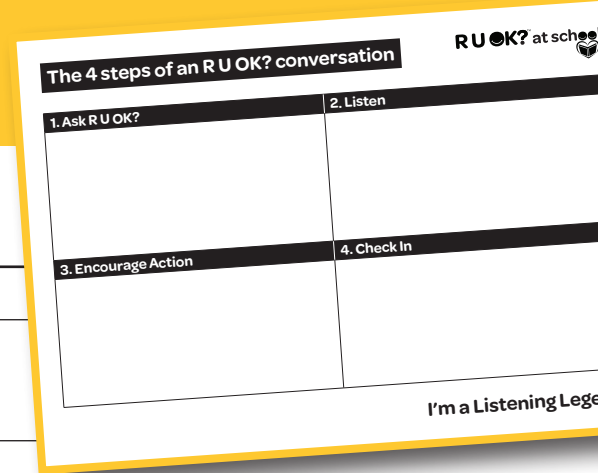


Primary classroom activity

Listening Legend



Duration	10 minutes
Learning intention	Students learn about the 4 steps of an R U OK? conversation and the importance of listening to the other person throughout.
Activity focus	This activity provides students with an opportunity to learn about the importance of listening and responding to a friend after they ask the, 'are you OK?'. It encourages students to identify and implement listening tactics when talking to a friend about their feelings.
Resources required	<ul style="list-style-type: none"> ○ Listening Legends Workshop video ○ Activity sheet (below – page 2)
Curriculum and wellbeing themes	<ul style="list-style-type: none"> ○ Emotional awareness ○ Personal and social skills
Success criteria	<ul style="list-style-type: none"> ○ I can ask R U OK? and continue the conversation. ○ I can listen carefully and respond to someone else when they tell me how they feel.
Activity description	<ol style="list-style-type: none"> 1. Play the Listening Legend video. The video takes students through the 4 steps of an R U OK? conversation: Ask, Listen, Encourage Action and Check in (ALEC). 2. Pause the video when instructed by Healthy Harold for classroom discussions about each step. Encourage students to think about the different ways that they could approach each step. <i>(Optional)</i> Provide students with the activity sheet below for them to take notes during the discussions. 3. Pose the question: Why is it important to really listen when your friend is sharing how they feel? Examples could include: allowing them to express themselves; showing them that you care about what they have to say; understanding what might help them. 4. Encourage students to commit to being a Listening Legend for their friends when they ask, 'are you OK?'.
Differentiation	<ul style="list-style-type: none"> ○ Supporting strategies: Ask the students how someone might feel if you ask a friend, 'are you OK?' but then don't listen to their answer. ○ Extension strategies: Print the Listening Legend badges for students to colour in and display in the classroom or their own areas, to act as a reminder of the importance of listening. ○ See more Life Ed R U OK? resources at https://lifeed.org.au/ruok-day/
Reflection question	Later, ask students to share if they have experienced any Listening Legend behaviour from fellow students and share how it made them feel.



The 4 steps of an R U OK? conversation



1. Ask R U OK?	2. Listen
3. Encourage Action	4. Check In



I'm a Listening Legend