



Let's Talk Lesson Plan

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<p>SUBJECT: PSHE/Citizenship</p> <p>TOPIC: Communication and mental health</p>	<p>NOTES: See teacher background information for the context of the lesson.</p>
<p>LEARNING OBJECTIVES: KNOWLEDGE BASED</p> <p>ALL: Students should be able to identify different types of communication and why it can be a challenge to communicate at times.</p> <p>MOST: Students should be able to explain how they could potentially overcome barriers to communication.</p> <p>SOME: Students should be able to explore how the barriers to communication might be present in their own lives and begin to consider how to tackle this challenge.</p>	
<p>SKILLS / PLTS / COMPETENCY BASED OBJECTIVES</p> <p>Students should develop their ability to express how people are feeling in different situations. Students should develop communication skills including speaking, listening and giving feedback. Students should be able to work in pairs and small groups effectively.</p>	
<p>DIFFERENTIATION:</p> <p>This lesson can be delivered to KS3 or KS4 classes, but there will need to be consideration of the level of questioning expected and teachers will need to be aware of potential issues that could arise in relation to mental health and self-harm, so be aware of the pastoral needs of the class before delivering the lesson.</p>	



ACTIVITY	TIME	RESOURCES
<p>STARTER</p> <p>Watch the 'Let's Talk' film</p>	3 mins	PPT, speakers
<p>INTRODUCTION – Recap, context, objectives</p> <p>Question: What is today's lesson about? Think-Pair-Share discussion (Think of their own for 1 minute and write ideas down; discuss with a partner for 1 minute; then feedback to the class).</p> <p>Introduce topic using slide</p> <p>Pointless Game: Everyone writes down 3 different ways of communicating. Go around the class asking students one at a time if they have something written down that nobody else has said yet. If anyone else has that answer they raise their hand and you move onto the next student. Winner is someone who gives an answer that no-one else has thought of.</p>	<p>4 mins</p> <p>1 min</p> <p>5 mins</p>	<p>PPT, Worksheet</p> <p>PPT</p> <p>Paper/books</p>
<p>MAIN ACTIVITIES (CONTINUATION, LESSON CONTENT)</p> <p>Communicating with other people can serve lots of different purposes and so the range of methods is good. What did the people in the film have going on that they needed to talk about? Complete the thinking chart worksheets in groups of 3-4. Use emotion words on next slide to help prompt.</p> <p>Share ideas as a class, from the 3 different images</p> <p>Feelings can be the hardest thing to talk about. As a class identify some barriers to talking about feelings. Write on a post-it note and stick onto the image on screen.</p>	<p>10 min</p> <p>5 mins</p> <p>5 mins</p>	<p>PPT, Worksheet</p> <p>PPT</p> <p>PPT, Post It Notes</p>

