



Let's Talk Lesson Plan

Permission granted to reproduce for personal and educational use only.
Commercial copying, hiring, lending is prohibited. © 2017

SUBJECT: PSHE/Citizenship	NOTES: See teacher background information for the context of the lesson.
TOPIC: Communication and mental health	
LEARNING OBJECTIVES: <u>KNOWLEDGE BASED</u> ALL: Students should be able to identify different types of communication and why it can be a challenge to communicate at times. MOST: Students should be able to explain how they could potentially overcome barriers to communication. 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.	
SKILLS / PLTS / COMPETENCY BASED OBJECTIVES 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.	
DIFFERENTIATION: 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.	



ACTIVITY	TIME	RESOURCES
STARTER Watch the 'Let's Talk' film	3 mins	PPT, speakers
INTRODUCTION – Recap, context, objectives 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). Introduce topic using slide 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.	4 mins 1 min 5 mins	PPT, Worksheet PPT Paper/books
MAIN ACTIVITIES (CONTINUATION, LESSON CONTENT) 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. Share ideas as a class, from the 3 different images 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.	10 min 5 mins 5 mins	PPT, Worksheet PPT PPT, Post It Notes



MAIN ACTIVITIES (CONTINUATION, LESSON CONTENT) Discuss as a class ways to overcome the barriers and remove each barrier as you think of solutions. Reveal image of girl with the tape removed. Give students time to answer the reflective questions and complete helping hands activity on worksheet.	10 mins 10 mins	PPT PPT PPT
PLENARY Share information about where students can go to for support in your school or local area and ask them to write this down. Ask students to add on their sheet 2 things that they have learnt today and share with their partner	5-10 mins	PPT, Worksheet

Dont forget to complete the feedback forms following delivery of this lesson.