

# ACTIVE LISTENING

## SESSION A



### Self-Discipline is:

- \* Controlling yourself so that others don't have to control you.
- \* Getting rid of bad habits and replacing them with good ones.
- \* Restricting how much time you spend on certain activities.
- \* Making yourself do things that are healthy or good for you.

### LEARNING OBJECTIVES:

**To control ourselves so that we can be careful/active listeners.**

### Suggested Resources:

A sheet of plain paper and a pencil for each child.

### Script:

“When you practise self-discipline or self-control in the classroom, you make learning easier for yourselves and others. One way to do this is to listen carefully. We are going to play a game called ‘Draw My Picture’ which needs you to listen very carefully to each instruction.”

Ask the class:

*Why is it important not to chat or distract people when instructions are being given?*

(You will miss something important - you will make it harder for other people to complete their work, etc.)

*How do you feel when you are trying to listen to instructions and someone is chatting?*

Use the coaching phrases below to pick children to respond:

*You are controlling yourself and really listening so I'd like to know what you think!*

*I can see that you are practising self-discipline by sitting so still so I'm going to choose you!*

“Please listen while I read out the instructions. Make sure you are practising self-discipline by not chatting or distracting anyone around you.

Your paper needs to be in the portrait position on your table.

1. Draw a medium-sized rectangle in the middle of your paper with its long edge upright.
2. Draw a very small square on top of the larger rectangle.
3. Draw a medium-sized square on top of the small square.
4. Draw two small circles inside the medium square.
5. Draw a long thin rectangle underneath the circles but still inside the square.
6. Draw two small triangles on top of the medium-sized square, evenly spaced apart.
7. Draw a small circle touching the outside edge of the large rectangle just below the top corner.
8. Draw a small thin rectangle underneath the small circle. The smallest side should touch the circle, the longest side should be next to the large rectangle.
9. Draw the same two shapes on the left hand side of the large rectangle.
10. Draw two small squares underneath the large rectangle.

This is what your picture should look like:”

### Plenary:

Ask the children to share their pictures. How did they find the task? If they found it difficult what would help them to be more successful in future?

