

# ACTIVE LISTENING

## SESSION B



### 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 know when to use careful/active listening in school.

#### Suggested Resources:

Picture cards of the different activities that take place during the school day e.g. assembly, lessons, playtime etc.

#### Script:

"In the last lesson we learnt what careful listening is by playing the 'Draw My Picture' game. In our session today we are going to think about which parts of the school day need us to use careful listening."

#### Suggested Activities:

The children should order the picture cards so that the activities requiring the most careful listening are at the top and the activities requiring the least careful listening are at the bottom.

### Character Coaching

#### Guidance:

Remember to practise self-discipline while people are performing.

How will you show self-discipline when other people are performing?

When they have finished this, come back together to compare how they have ordered the activities.

Discuss how adults are going to know who is a careful/active listener (by being still and looking at them).

#### Script:

"Now we know when we need to use careful/active listening in school but sometimes that can be made difficult when others try to distract us. Now you are going to work with your partner to practise a role play which shows what to do when someone tries to talk to you or otherwise distract you when you should be listening (ignore them, and if that doesn't work let an adult know)."

#### Plenary:

Choose some pairs of children to share their role play with the rest of the class.

#### Meaningful praise:

You are controlling yourself and really listening so I would like to see your role play next!

I can see that you are practising self-discipline by sitting so still!

#### Correction:

Other people are performing please show self-discipline by remaining silent.