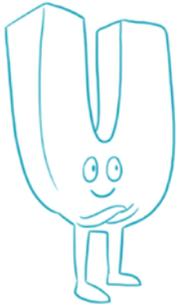


# Lesson Plan 3: U is for Understanding each other



## **Safe Space: Active listening as an aspect of Safe Space**

This lesson aims to explore one of the key principles of Safe Space, that to truly understand someone else we need to ‘actively’ listen to them. Active listening refers to making an effort to fully understand what someone else is saying and reflect before saying a response. There are lots of ways students can learn to show they are doing this and to recognise how we listen is important in having a meaningful conversation with others.

**Total lesson length:** 50 mins

## Learning objectives

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- To understand the difference between listening and 'actively' listening
- To explore ways to listen actively
- To better understand someone, we need to actively listen

## Preparation

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- PowerPoint presentation (included)
- Safe Space film (included)
- Blank paper and washable ink pens
- Back-to-back activity images worksheet, copied for half the class

## Curriculum topics

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### RE

- Religion and society  
/ Community cohesion

### PSHE

- About you
- Diversity

### RSE

- Respectful relationships

### Citizenship

- Community, Identity and Diversity

Timings	Script	What you will need
5 mins	<p data-bbox="331 260 817 292"><b>Recap from letter B lesson</b></p> <p data-bbox="331 359 1469 486">Show the class the Safe Space agreement made in the first lesson and revisit it, checking that all students are still in agreement. Alternatively, use the BUILD poster and / or re-watch the Safe Space film.</p> <p data-bbox="331 553 1529 681">Recap last lesson, where we discussed respect. Show the meanings of the word ‘respect’ you saved on the whiteboard from this lesson and / or ask the students what things they had done this week that showed respect.</p> <p data-bbox="331 748 1335 876">Explain to the class that one way to be respectful is to listen to each other and this lesson is going to focus on how we can listen really well so we can better understand each other.</p>	Class Safe Space agreement

5 mins

## Topic introduction

Safe Space film

Explain to the students that they are going to be exploring how to better understand someone in today's lesson.

Play Safe Space film and pause on the U is for Understanding scene with the children having lunch:



Have a discussion about the scene in the film and ask the following questions:

- Ask the children to spot which items are the same in each child's lunch and which are different.
- Ask the question 'how does this scene show that the children are listening and therefore for understanding each other?'

Ask the class: What do you think it means to actively listen?

Ask students to volunteer their answers / discussion and write up key ideas on the whiteboard.

10 mins

### Activity 1: Likes and dislikes

PowerPoint presentation

Explain to the class that we are going to explore ways to listen actively.

Pair up children and ask students to share something they like and dislike. You may need to set some ground rules, and model some examples, e.g. it can't be about people, only activities / school subjects / sports / food.

For example: 'I like playing sport but I dislike eating fruit'.

Ask the student to say one like and dislike to the person sitting next to them. Model examples from the prompt topics on the PowerPoint presentation.

Ask students to swap partners with another pair on their table and share with them their likes and dislikes and their original partners likes and dislikes. Choose students randomly to share someone else's likes and dislikes that they learned about with the whole class.

#### **Ask the students for a show of hands if they:**

- Learnt something new about someone else
- Felt they were really listening to each other's answers
- Found it hard to remember what everyone had said

Ask the class: 'When listening to someone speak, who sometimes starts thinking about their own answer before the other person has finished?'

Choose a couple of students to share their thoughts to the whole class.

10 mins

## Explore ways to listen actively to understand someone

Ask the class to discuss in pairs: 'What is the difference between regular listening and 'active' listening?'. Take answers.

As the students, how can we make sure we listen actively?

### Prompt examples:

- Taking turns to share and giving each other time and space to speak
- Becoming aware when focusing on what you're thinking instead of what is being said
- Repeat back things the other person has said
- Asking questions

Explain that we are going to work on improving our active listening skills with a fun drawing activity.

15 mins

## Activity 2: 'Back-to-back' drawing activity

Explain the importance of asking questions to clarify that you understand what you are being told.

In pairs, students sit back-to-back. Call one of them the 'describer' and the other the 'drawer'. Give the describer student the image, however they cannot say what it is. The drawer, has to ask questions to the describer and start drawing what they think the image is based on the answers to the questions. The drawer will need a large piece of paper and pens.

### Reflection questions:

- Was it easy to do? Why / why not?
- Did the person drawing ask questions to make sure they understood what the describer was telling them to draw?
- Did the drawer listen actively to the describer?
- Did the describer ask any questions to the drawer to see if they needed more description?

After reflection, pupils swap roles (drawer / describer), you will need another batch of notes and images, and repeat activity once again to see the difference and applying aspects discussed.

Back-to-back activity  
images worksheet

Blank paper and pens

5 mins

## **Plenary / reflection**

Bring the class back and ask the summary questions

### **Summary questions:**

- How can you show someone you are actively listening?
- Why is it important to really listen to someone?
- What happens when we do not listen actively to others?

Depending on level, you could ask the students to write their answers in their books.

Explain to the class that listening is a skill and it is so important we try to really listen to each other – not only in showing respect to others, but to have meaningful conversations where we can learn and understand people.

### **Extension activity**

Do we think we actively listen when we are:

- On our phones?
- Talking to someone online / social media?

## Next lesson

The next lesson is 'The Letter I: I is for I statements', where we will be learning about how best to take part in a discussion.