



RISE MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

26th June - World Wellbeing Week

LISTENING

Listening is our ability to understand and interpret the meaning of words. We can listen both actively and passively. A **passive listener** may hear what has been said but not give their full attention to understanding the words, therefore they may not respond. An **active listener** might ask questions, remember what you said, smile and nod whilst you are talking, and stay engaged in the conversation.

Our tips for practicing active listening:

1- Telephone Game

Start by sitting in a line/circle. One person whispers a sentence to the person next to them and this is passed on until the sentence reaches the last person. The last person says out loud what they heard. Think about how much the sentence has changed!

2- Changing the Story

Read the class a short story. Then read it again but change 5 things (e.g., events that happen, characters names etc.) Ask the children if they can identify any changes, see if they can find all 5!

3- Weekend Catch-up

In pairs, partners should take it in turns to talk for 1 minute about their weekend. Children should then ask each other questions each about their weekend, to see if the listener could remember what they did! Each partner can score points for each question they answered correctly.

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate!

thankskids@covwarkpt.nhs.uk

MHST are available to support you and your school throughout the school year including term time and school holidays. Please contact your school's Mental Health Lead for information and advice.