

Positive Minds; Online

Task 2 – Effective Conversation

When approached by a friend, family member or anyone who wishes to share with you their thoughts and feelings, it is important you react and respond to them in the correct way.



Do Not

- Make promises
- Push for more information
- Try and fix it straight away
- Place blame
- Interrupt
- Take it as a joke/overreaction

Do

- Listen clearly and pay attention
- Take It seriously
- Show support
- Open and welcoming body language
- Be calm, caring and relaxed
- Make regular eye contact (but not too much)

Conversation Cards

Your task here is with a partner either face to face in class or at home or online where you can see each other on screen

You will decide who is the talker and who is the listener. You will then choose an action or topic depending on your role. This can be done through random selection or by drawing numbers as shown in the video (like a cup draw). The Talker chooses a topic to talk about then the listener will respond based on their chosen

response. You should spend 1 minute on each chosen topic. Once completed swap roles so that you practice both talking and listening skills.

At the end, share your thoughts with each other, write down how you felt as talker and listener and identify what were the good and bad listening skills.

This task is designed to help you practice and identify the good communication skills needed, especially when talking about Mental Health.



Listener

- L1 Pay more attention to your phone and surroundings
- L2 When appropriate ask a lot of questions on their topic
- L3 Slouch, make no eye contact and have bad posture
- L4 Show through body language that you are listening
- L5 Interrupt as much as you can
- L6 Give good advice on their topic



Talker

- T1 Talk about a phobia you have
- T2 Talk about your favourite subject
- T3 Talk about what you're looking forward to doing after lockdown
- T4 Talk about your smart goals
- T5 Talk about the last time you felt nervous
- T6 Talk about the last time you felt exited

