

Activity: Mime time!

Taking away a young person's ability to talk forces them to communicate in new ways. Not only that, but for their partner in this task it teaches them to watch out for nuanced communication methods they may not have picked up before.

We love this task because it helps pupils understand that not all communication is done using words, and that it's important they look for other signs when looking out for friends and family.

Objective:

- To gain an understanding that not all communication is verbal.
- To develop insight into other ways friends and family may communicate their feelings.
- To build confidence in asking friends and family if they are ok if/when pupils may feel they should ask.

Time:

20-45 minutes

Materials:

Print and cut out the activity sheet (one between two)

Activity Description:

Ask pupils to split into pairs and each pick an action out of a hat.

They should take 10 seconds to act out the action without making any noise or talking. Simply mime the action they have chosen. When their time is up their partner can take a guess as to what their action was.

Ask pupils to have a discussion in their pairs. Discussion points might include: If you were correct, what did you make sure you did to guess correctly? What skills did you use to make you successful? If you were incorrect, why do you think that was? What could you change for next time?

Repeat 2- 4 times each depending on time. Each time, pupils should guess the activity in between. And, each time, they should have a conversation about why they did/didn't guess correctly.

Bring the class together at the end for a final discussion. Ask each pair to talk about what they learned. Summarise by talking to them about the importance of using the skills they learned in school and their community. Discuss the idea that not everyone will always find it easy to talk if they feel unhappy or unsafe, and that they should remember the skills they have learned about today to pick up on when their friends or family might not be themselves. In times like this it's always important to ask them if they're ok, and if they want to talk.

Building a
sandcastle

Watching a film
whilst eating
popcorn

Walking a dog

Picking an apple
from a tree
then cutting it
into slices.

Playing football

Baking a cake

Reading a scary
book

Eating spaghetti

Waking up and
making your
bed

Packing your
school bag