

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

Listening – 15 mins

T = Teacher

Ss = Student

Time	Interaction	Activity	Information	Notes
00.00	T-S S-T	Question to Ss	What are some things we listen to?	Teachers, TV, music etc
01.00	T-S T-S	Question to Ss	Why is listening important?	We gain understanding of the world, show others we care, and through it we can solve problems.
02.00	T-S S-T	Question to Ss	How do we listen? Do we listen differently depending on the thing being listened to?	What do we do when we are listening? Listening to music not the same as listening to the teacher.
03.00	T-S S-T	Question to Ss	What about how we listen to our friends?	
03.30	T-S S-T	Question to Ss	How do we listen to a friend who is having difficulties?	
04.30	T-S S-S	Activity 1	In pairs, talk to your partner about a very mild problem you are having at the moment. It shouldn't be anything too personal, maybe you are having difficulty with your maths work or your parents won't let you play your video games. Something that you don't mind sharing. Now the person who is listening should not engage with the listener, don't nod your head, don't smile don't offer any encouraging words. Occasionally look away at something else. Then when the other person has finished talking, immediately tell them about a problem you are having.	Separate Ss into pairs.
07.30	T-S S-T S-S	Post exercise discussion Activity 2	How did that feel? Now swap round.	

10.30	T-S S-S	Activity 3	Now this time go back to the first person telling their problem. This time the partner who is listening, maintain eye contact, nod your head to show you understand, offer some sympathetic words e.g. that must be awful. Now when they have finished talking paraphrase what they have said to you, e.g. so your having problems in maths because you don't think you're very good with numbers is that right?	
13.30	T-S S-T S-S	Activity 4 Post exercise discussion	Now swap round. How did that feel compared to the first time?	
14.30	T-S	Description of active listening.	This is what we call active listening. Active listening involves our full concentration and responding to the person in a way that shows we have listened. When we repeat back to them what they have told us it lets the other person know you have listened and understood.	
15.00	T-S		Next time your friend tells you a problem, try listening, actively.	