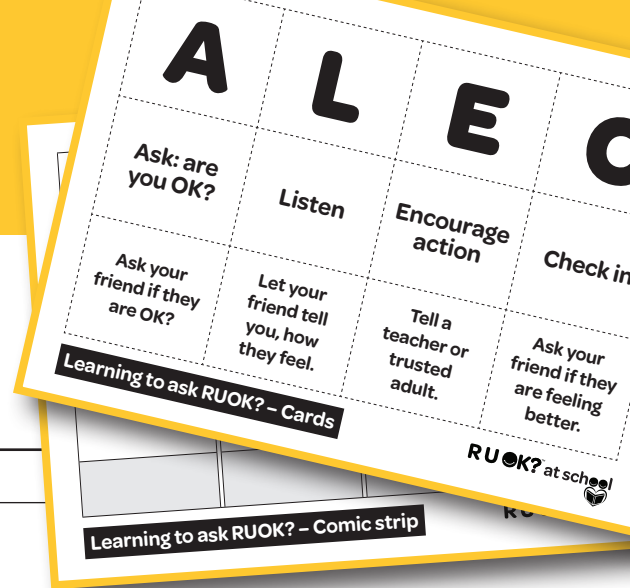


## Classroom activity

# Learning to ask – RUOK?

Year level **1**



<b>Duration</b>	30 minutes
<b>Learning intention</b>	Students learn to ask 'Are you OK?'
<b>Activity focus</b>	The focus of the activity is learning about how to be a good friend by asking others 'Are you OK?'. This activity supports the learner to ask this question through the ALEC 4 step process: <b>Ask, Listen, Encourage Action and Check In.</b>
<b>Resources required</b>	<ul style="list-style-type: none"> <li>○ ALEC Cards: 'A', 'L', 'E' and 'C' cards</li> <li>○ Action Cards: 'Ask', 'Listen', 'Encourage Action' and 'Check In' cards</li> <li>○ Explanation Cards</li> <li>○ Blank comic strip template</li> </ul>
<b>Curriculum links</b>	<p><b>Australian Curriculum: Health and Physical Education</b> <b>Years 1 and 2</b></p> <p><b>Being healthy, safe and active</b></p> <ul style="list-style-type: none"> <li>○ Practise strategies they can use when they feel uncomfortable, unsafe or need help with a task, problem or situation (ACPPS017)</li> </ul> <p><b>Communicating and interacting for health and wellbeing</b></p> <ul style="list-style-type: none"> <li>○ Identify and practise emotional responses that account for own and others' feelings (ACPPS020)</li> </ul>
<b>Success criteria</b>	<ul style="list-style-type: none"> <li>○ I can identify feelings in my body.</li> <li>○ I can use my words to tell people when I am not okay.</li> </ul>
<b>Activity description</b>	<ol style="list-style-type: none"> <li>1. View the 'RUOK?' ALEC video – How to be a good friend and ask 'Are you OK?': <a href="https://www.youtube.com/watch?v=KEKhTSagJ3I">https://www.youtube.com/watch?v=KEKhTSagJ3I</a></li> <li>2. Pose questions: What is ALEC? When should you ask 'Are you OK?' How should you ask 'Are you OK?'</li> <li>3. Write the acronym ALEC on the board. As a class, brainstorm what each letter stands for.</li> <li>4. Discuss: what do we do at each stage of asking 'Are you OK?'</li> <li>5. Students are given the ALEC cards, action cards and explanation cards. In groups, student sort the cards by ordering ALEC and aligning each action and each explanation to ALEC.</li> <li>6. Students independently complete a comic strip detailing what it looks like to be a good friend.</li> </ol>
<b>Differentiation</b>	<ul style="list-style-type: none"> <li>○ Support strategies: consider groupings when completing the card sort activity</li> <li>○ Extension strategies: students create an ALEC poster and what it means to be a good friend</li> </ul>
<b>Reflection question</b>	What do you do if your friend isn't okay? Should you tell someone?
<b>Remote learning</b>	<ul style="list-style-type: none"> <li>○ Share the 'How to be a good friend' video with students to help them access at home</li> <li>○ Distribute worksheets to students as part of their take home pack or digitally</li> <li>○ Talk about a story line before students draw their comic</li> </ul>



**A**

**Ask: are  
you OK?**

**Ask your  
friend if they  
are OK?**

**L**

**Listen**

**Let your  
friend tell  
you, how  
they feel.**

**E**

**Encourage  
action**

**Tell a  
teacher or  
trusted  
adult.**

**C**

**Check in**

**Ask your  
friend if they  
are feeling  
better.**


**Learning to ask RUOK? – Comic strip**