

Activity:

Bring your A-game



Aim

To illustrate what we mean when we say that there are different types of listeners in our lives; those who listen to make us feel **Accepted**, those who listen to give **Advice** and those who listen take **Action**. This activity illustrates that sometimes we need a certain type of listener.

What you'll need



Character & Prompt cards



"There are times when we want to speak to someone because we would like them to help us with something. Other times, and probably most often, we speak to others to get things off of our chest. Sometimes, this can get muddled. Do you know what kind of listener you need at any time? And do they know what you are looking for?"

1 Set up

- Set two chairs up to look like a park bench/bus stop.
- Say: "This is a park bench. People often come here to chat with others. When you sit at this park bench, you're the local listener."
- Say: "Take a card from the pile that tells you what kind of listener you are: **Accept**, **Advise**, or **Act**. Someone new will enter the scene who will come to speak with you about something going on in their life."
- Say: "When I say 'SWITCH', the listener leaves the scene and the other local becomes the listener for someone new."

2 Act out

- Each participant will become a local and enter the scene with a 'scenario card'. When they sit at the local park bench they should tell the listener all about what's going on for them according to their scenario.
- The local listener can only respond in the way that their card allows. For example, an Accepting Listener might respond: "That sounds really tough, everyone starts somewhere with these things but it doesn't make it easy."
- Ask: "Is this the listener that this local needs? What might be more helpful?"
- Repeat until all participants have had a go.

3 Discuss

- What ways can you think of that would allow us to get what we need from talking to someone?
- If you know what you need from a conversation, it can be helpful to help the listener understand too. E.g. "I don't need you to do anything. I just need to rant"



Young people with an acquired brain injury

The Child Brain Injury Trust recommend this approach for these groups:

- **TRY** Adapting this activity for it to become a 'pen pal' style activity. Each participant is given a scenario card and writes a note back to their friend instead of acting it out.
- **WHY?** Some young people, especially those with no established relationship, may find it challenging to role play in front of others. Some young people with an ABI may find the challenge overwhelming when they have to multi task between analysing what is on the cards, listen to instruction and articulate their thinking in such a fast paced game.

Module 4: Talk it Out

Bring Your A Game

ACT

ADVISE

ACCEPT

ACT

ADVISE

ACCEPT

ACT

ADVISE

ACCEPT

ACT

ADVISE

ACCEPT

ACT

ADVISE

ACCEPT

ACT

ADVISE

ACCEPT

I'm trying to teach my younger brother how to tie his shoes but I forget how to do it myself. All I wear is Velcro or slip-ons.

Sometimes I think my mum doesn't understand what it's like to be a teenager these days. She's so stuck in her ways.

My wee brother is being so annoying. I can't stand it when he tries to be funny like that.

I don't know how to boil an egg and I have people coming over for breakfast tomorrow.

I find it hard to get to sleep at night.

I fell out with my best friend and I feel bad about it.

**I think I'm getting
bullied at school.**

**My best pal's got
a new boyfriend.
I don't think he's
good enough for
her but I don't
want to get in the
middle of things.**

**I really like this
guy but I never
get to see him
properly because
my parents always
want me home
early.**

**I feel really down
today and just
can't shake the
feeling.**

**A teacher shouted
at me today and I
got really upset.**

**My pal's being so
unreasonable. She
keeps ignoring me
and not talking to
me.**