

It's good to talk!

Connecting with others and forming good relationships is important for our mental health and wellbeing. However, spending time with friends and family has been made more difficult by the Coronavirus pandemic.

This week take some time to speak to a family member or friend on the phone. You could tell them about your day and how you're feeling but be sure to also ask them questions. Consider how you might communicate differently on the phone, especially when you can't see the person you're speaking to.



Activity

Pick up the phone to a family member or friend. You could use the prompts below to start your conversation.

'Hi _____, how are you?'

'Today, I _____' 'Tomorrow I am looking forward to _____ because _____'

How are you feeling?'

'What are you looking forward to this week?'

Don't forget to think about the Oracy Framework when you're speaking!

Reflection: Was speaking on the phone different to speaking to someone in person? Which aspects of oracy were more or less important?



Physical: What volume and tone of voice will you use when speaking on the phone?



Linguistic: Which words will you use to describe how you're feeling?



Cognitive: What questions could you ask to find out more about what they're saying?



Social and emotional: How can you ensure you're listening attentively?