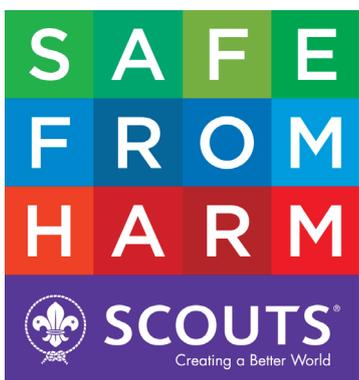




# PSAAT

## PRACTISING SKILLS AND TECHNIQUES



# LISTENING EAR TRAINING – PRACTISING SKILLS & TECHNIQUES

This session provides an opportunity for volunteers to practice the skills and techniques they have learned throughout the day. The facilitator may provide Listening Ears role-playing scenarios and encourage volunteers to work in pairs or small groups to practice their skills.

Use realistic scenarios and case studies to help volunteers practice the skills and techniques they have learned. Provide feedback and guidance on how to improve their skills.

## EXAMPLES

- 1. Listening Circle:** Scouts gather in a circle and take turns sharing their thoughts and feelings about a topic, such as their experiences on a recent camping trip or their personal goals. The Scouts practice active listening skills by focusing on the speaker, using reflective listening, and asking open-ended questions.
- 2. Peer Support:** Scouts are paired up and take turns being the listener and the speaker. The speaker talks about a concern or issue they are facing, and the listener practices active listening skills and provides emotional support. The Scouts then switch roles.
- 3. Conflict Resolution:** Scouts are given a hypothetical scenario in which two Scouts are in conflict. The Scouts practice conflict resolution skills such as active listening, identifying and acknowledging the concerns of both parties, and finding a mutually agreeable solution.
- 4. Mental Health First Aid:** Scouts are given a presentation on mental health and common mental health challenges, such as depression or anxiety. The Scouts practice responding to a hypothetical scenario in which a Scout is experiencing a mental health crisis, using active listening, empathy, and appropriate referral resources.
- 5. Referral Resources:** Scouts are given a list of referral resources for mental health and other concerns, such as crisis hotlines or local mental health clinics. The Scouts practice providing this information to their peers in a confidential and non-judgmental manner.



# NOTES

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