



SKILLS: Active listening, seek and offer support

OBJECTIVE: Identify ways we can respond to our peers to show we respect their opinions and perspectives.

Write down one challenge you are facing today and pass it to the front of the room, anonymously. Teacher reads some challenges aloud and the class has time to respond with support and advice for those challenges.

Quick Tips

- Students will need a piece of paper and something to write with for this exercise
- When prompted, students will pass their pieces of paper with their challenge to the front of the room (students should not write their names on their papers).
- As the teacher, you will then be prompted to read a challenge aloud to students and call on students to share their words of encouragement.

Why do we do this?

The Way To Go's is an exercise rooted in building relationship skills, as students will be practicing active listening to better uplift and support each other. In The Way To Go's, students reflect on the challenges they are currently facing, and are then prompted to share them with their classmates anonymously. Students will then have the opportunity to think about words of encouragement they would share to uplift and support their peers, based on some of the challenges they hear. This exercise helps students strengthen their ability to understand and address the unique challenges presented by one another.

Ideas for Integration

- Complete this exercise with a focus on questions that students might have related to the content you are teaching (perhaps before a test!). Students can anonymously write down and share a question they have, and the rest of the class can answer/respond to that question in the same manner they would in "The Way to Go's."

Virtual Facilitation

Synchronous: In a video conference setting, students can write their challenges on a shared class document and still remain anonymous. Students can then comment under the challenges to provide words of encouragement. After this portion of the exercise, you can come together as a class to discuss the discussion questions.

Asynchronous: Similar to the suggestion above, share out a classroom document where students can share their challenges anonymously, and provide one another words of encouragement.