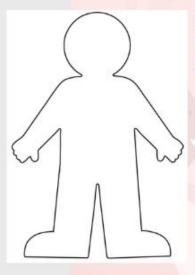


Class discussion

LO: To explore different types of relationships





Let's start by thinking about all of the things that our parents and carers do for the family.

What is a parent?

Do everyone's parents behave in the same way?

What type of things should they do?

Stimulus: Role on the wall

activity

Question: What is a parent's main job?

Class o



Does this look like your family?

What is similar to your family?

What is different to your family?

What type of family events do you have where everyone is showing emotions like this?

It's very unlikely that your family display this emotion all of the time. Do you see any different emotions in your family?

As a class, let's come up with all the emotions that our families experience - and what can cause them.



We've been thinking about the emotions that our families feel. What qualities and attributes do you think our families should have?





Now, we are going to explore our recipe for friendship.

Use the ingredients that you've been given and tell me what each one should represent.

We will write labels for your ingredients and then compare our choices.

What similarities are there with the attributes we chose for our families?

Group work













plays good games

helps me when I'm stuck

What differences are there?

We've thought a lot about what other people do to make our friendships strong. Now, let's fill up our cupcake cases with our responsibilities.



Has anyone got any ideas that they would like to share?

Think about the way that you speak to people.

Think about the way you behave around other people.

re ideas as a class initially

Oh no! Sometimes, we might find it difficult to take the responsibility for being a good friend and, instead, rely on other people.

What might go wrong for us when we are baking a friendship cake?



We have a responsibility to other people besides our family and friends. We are world citizens. What do you think this means?





People all around the world have different cultures which value different things. Take a look at the list of some differences between cultures.

Do any of them surprise you?

With your partner, model one of these in a respectful wayand we will see if we can identify which you are showing.

Does your culture have any ways of showing respect that are different to someone else's?



We need to show support to other people around the world. It is being a good global citizen to acknowledge ways that we can help.











Education

We can help by:

Session 2

Whole class Adult ensure understandir

LO: To understand when relationships are not safe and how to get support

Stimulus: Unit review

Question: "You are as safe as you can be when you're online because no one can touch you."

Do you agree or disagree?

What action can you take to keep yourself safe?

Let's think about our Online Safety unit that we completed last term.

What does being safe mean?

Can you be harmed in other ways?

What is an unhealthy relationship? With your partner, sort the situations into healthy and unhealthy.

It makes you feel but about yourself to spend time with someone.

You have had an argument about supplement.

Someone makes you lough but you get in trouble around them.

Someone tells you to do things and you think you have no choice but to aboy.

You find it difficult to share them with other people.

You roully like the games they play but you get I frustrated when they charge the rules.



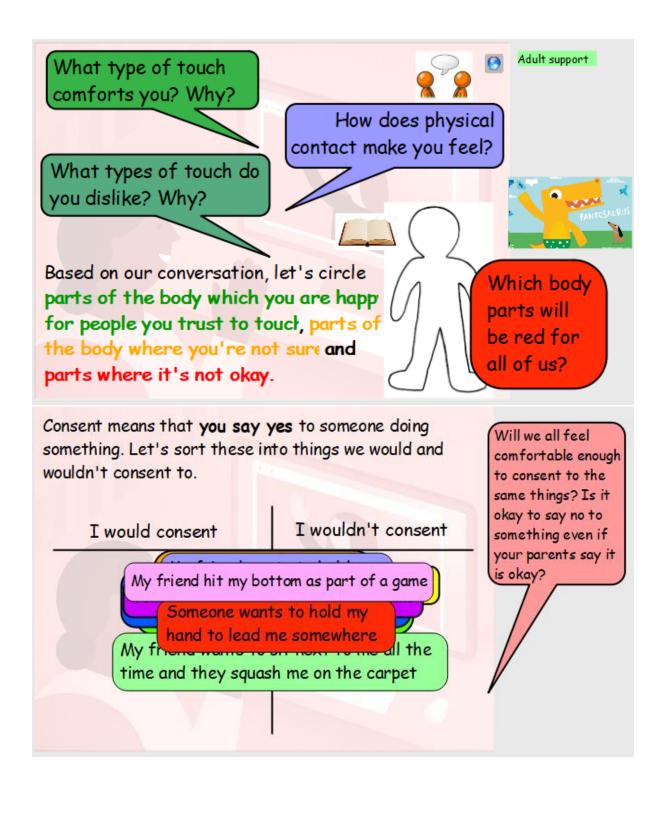
Friends push you to do things you don't want to do.

Hang on! Are these situations unhealthy or do we just need help to improve our friendship?

This is a very small selection of situations.

Can you create other examples of both healthy and unhealthy situations?

We are going to sort these, and then pick one to act out.





We are going to have a conversation. Watch and see if you think either of us do anything wrong.

What is personal space?

How might I have known how they felt?

How might my partner have felt?



This is a friendly conversation so how can you tell the person on the left feels uncomfortable with how close they are standing?

Give three ways.

1.

2.

3.

Lots of people need a little bit of help with how to make sure their relationships are as healthy as possible. Each group has been given a different scenario.

Let's be their Friendship Therapists, helping them to understand how to speak to and behave around each other.

Once you've had a few minutes, each group will act out their scenario.



Then, we will support them to understand where they went wrong.

As Friendship Therapists, we know that our friendships going wrong can have a big impact on our mental health. Fill in the speech bubbles for your online mental health check-in.

Verbalise fi Scribed if needed





You have all shown that you have a fantastic understanding of friendship - but what if the problem seems too big? Where can you go for help then?

Can you add any people to this?

Session 3 Class discussion

LO: To explore the differences between males and females and name their specific body parts



Stimulus: Doctor Who

Question: Do you think that only medical doctors should use scientific language?

What scientific language do you know?

When might we use examples of scientific language?

Which are male and which are female? Can you tell?



Class discus

What do boys like?

What do girls like?















Doctor Who has never used this language before. She always talks around these ideas because she feels like she is being rude.



If you visit a doctor, and they need to talk about a private area, are they being rude?



penis





womb

testicles

Can you help her to match the vocabulary to the correct body part?

Class discussion



Let's discuss how we know the gender of these babies, using the language we have just learned.

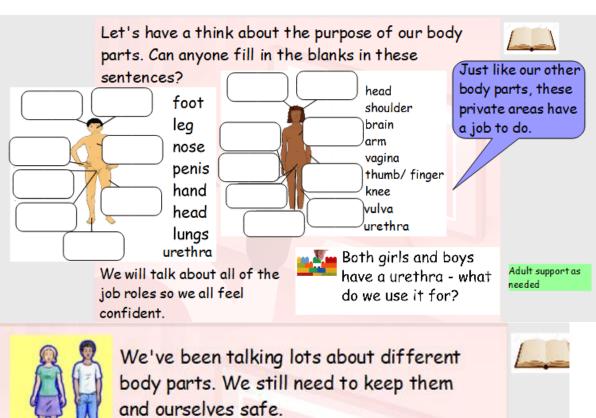


Class discussion

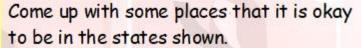


Why do you think that males and females have different body parts?

Which body part can't we identify on the female?







Let's share some ideas first.

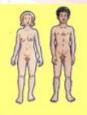
Does knowing the language we've been using today make it okay to touch other people more?

Adult support as needed

When is it ok to take photos of ourselves and other people?









We should not or let anyone else take a photo of ourselves naked.

In Wreck It Ralph, it shows some of the dangers of the internet. Once it is on the internet - anyone can see it!

What would happen if that photo was shared with other people?

Session 4

LO: To explore the link between physical and

mental health

Stimulus: PE coach video

Question: Which is more important: your physical or

mental health?



How did it make you feel to complete this activity?





Here, I have a bag and a set of shapes. We are going to label each of these as a worry that we experience. Let's share some ideas as a class.



Now, as a table, create your own worry sack.

What impact do these worries have on us?

On the image of yourself, show me where you feel stress and worries.



We are going to come up with things which worry us. Now, let's shoot them down! As we shoot them down, shout out a way that we can help ourselves feel better about our worries.





What type of things might we shout out? What helps you to feel better?



We are going to blow up more balloons, which we will put up around the classroom, showing the positive thoughts and actions we can take.

Think about your relationships.

We are going to tie string to the bottom, showing the impact of these positive thoughts and actions.