

## Year 1

### Caring Friendships suggested lesson

**Learning statement** - How important friendships are in making us feel happy and secure, and how people choose and make friends.

**Lesson and activity** - Introduce a role play puppet as a "new friend" children to use post it notes to demonstrate the qualities a good friend may have.



Children to consider what it feels like to have a friend with some of these qualities.

### Respectful Relationships suggested lesson

**Learning statement** - The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.

**Lesson and activity** - Teacher to read the story Lizard Lounge by Laura Hambleton. Children to talk about how Lizard is similar and different to the other lizards in the story. Children then to work in partners to complete a venn diagram to show how they are similar and different to their partner.

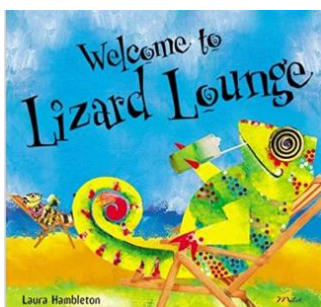
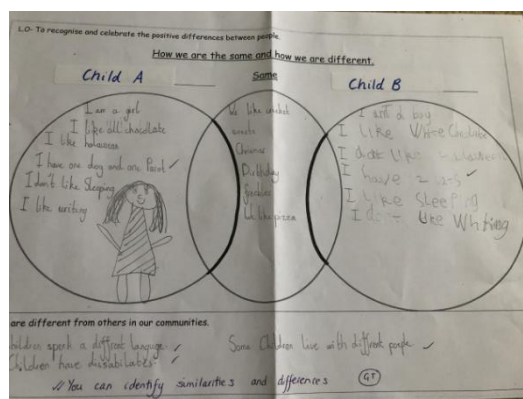


diagram to show how they are similar and different to their partner.



Example of a child's work

To complete the lesson children to consider how the lizard felt at the beginning of the story and compare this to his feelings at the end.

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### **Physical Health and Wellbeing suggested lesson**

**Learning statement** - That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.

### **Lesson and activity**

Use your playdough to make a face!



The teacher shares photos of scenerios and the children will create how they might feel using play dough on a mat. Example scenerios, on a rollercoaster, alone in the playground, opening a present, etc.

The class will build up a word bank of emotions. State that emotions are on a scale ranging from really positive to negative. Put a skipping rope out to show the scale. Highlight at one end is most positive, the other negative. Aid children to place pictorial emotion cards along the scale. Encourage discussion of why they have placed certain emotions in certain places. Pause activity and show water bottle. Link to the scale. Fiercely shake to depict anger, frustration etc. Children finish placing emotions on the scale.

The Department for Education have released a sample mental health lesson for Year 1, if you wish to view this, please use the link below

<https://watch.cloudflarestream.com/2b4c69d78c4825edb79228d679b9961c>

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