<u>Year 3</u>

Caring friendships suggested lesson

<u>Learning statement</u> - That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.

<u>Lesson and activity</u> - Initial discussion about how a friend can affect our emotional health and wellbeing. What does it feel like when a friend is off ill/on holiday. What emotions do you feel when you are with/not with your friends?



Use questions on a sliding scale and children to vote against the

statements from strongly agree to strongly disagree, statements could be - A friend should be the same gender as me, A friend should like everything that I do, A friend listens to me. A friend won't let me play with anyone else, A friend makes me feel better when I am sad, A good friend talks behind my back, etc.

Respectful relationships suggested lesson

Learning statement - The conventions of courtesy and manners

Lesson and activity - Create a kindness calendar for the whole class to follow for a given time. For example, Monday smile at everyone who you have eye contact with, Tuesday give 2 people a compliment, etc.

		TUESDAY ou said and what made them feel		THURSDAY	FRIDAY	SATURDAY 1 Send someone a message to say how much they mean to you
2 Ask a friend	3 Do something	Notice the	5 Get in touch	6 Thank someone	7 Show an active	Say friendly
what good things	supportive and	good qualities of	with an old	and tell them how	interest by asking	things to people
have happened	friendly for your	everyone you	friend you've not	they made a	questions when	who work in you
to them recently	colleagues	meet today	seen for a while	difference for you	talking to others	local shop or cafe
9 Put away	10 Try to involve	11 Smile at	12 Send an	13 Be kind	14 Tell loved	15 Make an
digital devices &	others and invite	the people you're	encouraging note	especially when	ones why they	effort to have a
really focus on	them to join your	with and try to	to someone who	your first instinct	are so special	friendly chat
who you're with	conversations	brighten their day	needs a boost	is to be unkind	♥ to you ♥	with a stranger
Call a	17 Respond	18 Look for the	19 Tell a loved	20 Actively listen	21 Give sincere	22 Make a plan
friend to catch	positively to	good side when	one about their	to what people	compliments to	to meet up with
up and really	everyone you	other people	strengths that	say, without	three people you	others and do
listen to them	meet today	frustrate you	you value most	judging them	meet today	something fun
23 Take time	24 Do an act of	25 Make positive	26 Thank three	27 Share what	26 Be gentle	29 Make
to speak with a	kindness to make	comments to as	people you feel	you're feeling	with someone who	uninterrupted
neighbour and	life easier for	many people as	grateful to and	with someone	you feel inclined	time for your
get to know them	someone else	possible today	tell them why	you really trust	to criticise	loved ones

Mental wellbeing suggested lesson

<u>Learning statement</u> - 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.

<u>Lesson and activity</u> - Discuss different types of loss as a group i.e. losing an object, falling out with a friend, parental separation, moving schools, death of a pet or family member, whilst being sensitive to individual circumstances.

Watch/read the story "The heart and the bottle" by Oliver Jeffers -



ry The heart and the bottle" by Oliver Jeffers https://www.youtube.com/watch?v=8FSuy-J_Pzk

Some of the illustrations have speech bubbles that show pictures instead of words. Can the children think of the words that the characters might be using?

As a class/small group, retell the story from the girl's point of view.