

Making Friends : PSHE : Healthy Relationships : Year 1

	Learning Objective	Overview	Assessment Questions	Resources
Lesson 1	To explore what makes a good friendship	This lesson begins by children exploring why people have friends. They then sort statements which describe a good friend or a bad friend. They develop a list of qualities that a good friend has. In the main activity, children create WANTED posters for an ideal friend. Alternatively, children draw around their hand and draw a friend in the palm before writing a reason why they are a good friend at the end of each finger. In the plenary, children use drama to explore how to help a lonely child.	<ul style="list-style-type: none"> Can the children explain the qualities of a good friend? Can the children distinguish between friendly and unfriendly behaviours? Can the children show empathy for someone experiencing loneliness and suggest how they would help them? 	<ul style="list-style-type: none"> Slides Beanbag or ball (for warm-up activity) Worksheet 1A/1B/1C Worksheet 1D (FSD? activity only) Sentence Starters (FSD? activity only) Drama Conventions Guide
Lesson 2	To learn how to solve disagreements between friends	In this lesson, children look at various scenarios in which friends have fallen out. They learn how to resolve disagreements and what its means to negotiate and compromise. Children rehearse how to ask an adult for help if they are unable to resolve the disagreement themselves. Children then look at why hurting back does not help a situation in which two friends have fallen out. Drama is used to explore how a girl who has fallen out with her friend could be feeling.	<ul style="list-style-type: none"> Can the children explain what 'resolve' means? Can the children explain what 'negotiate' and 'compromise' means, and how they can help resolve disagreements between friends? Can the children suggest how to solve disagreements between friends? 	<ul style="list-style-type: none"> Slides Worksheet 2A/2B/2C Drama cards (FSD? activity only) Drama Conventions Guide
Lesson 3	To understand how actions can cause emotional and physical pain	Children are taught the difference between emotional pain and physical pain. They look at various scenarios and decide whether the hurtful behaviour has caused emotional and/or physical pain. They explore this further in the main activity. At the end of the lesson, children explore how the occasional falling out between friends is different to the intentional, regular targeting of an individual associated with bullying. Children discuss what they would do if they saw someone being bullied.	<ul style="list-style-type: none"> Can the children explain what is the difference between emotional and physical pain? Can the children sort actions into those that cause emotional pain and those that cause physical pain? Can the children explain what bullying is? 	<ul style="list-style-type: none"> Slides Worksheet 3A/3B/3C Drama Conventions Guide Action Cards Large paper and felt tip pens (FSD? activity only)
Lesson 4	To know what to do if a friendship is making you unhappy	What might a friend do to make you feel unhappy? That is the opening question of this lesson which focuses on helping children know what to do when a friendship goes wrong. Children look at various scenarios and look at how to be assertive when stating how someone's behaviour is hurting them and how to ask for help from a trusted adult. A fun treasure-hunt-type activity on the playground allows children to discuss whether responses to hurtful behaviour are good or bad choices.	<ul style="list-style-type: none"> Can the children suggest what to do if a friendship is making them unhappy? Can the children identify good choices and bad choices when it comes to resolving friendship problems? Do the children know how to ask for help if a friendship is making them unhappy? 	<ul style="list-style-type: none"> Slides Scenario Cards Worksheet 4A Clipboards (if available) Matching Game Cards A (FSD? activity only) Matching Game Cards B (FSD? activity only)
Lesson 5	To explore hurtful behaviour online	With children at primary school now regularly using the internet on devices and tablets, equipping them with the knowledge and skills to know what to do if they experience hurtful behaviour online is essential. In this lesson, children read a story about a boy called Sam who is experiencing hurtful behaviour online. They help him make good choices to resolve the situation. In the main activity children either create posters teaching others to be kind online or play a board game in which kind online behaviour helps them win!	<ul style="list-style-type: none"> Do the children know what to do if they experience hurtful behaviour online? Can the children explain how we should behave online? Can the children empathise with someone who has experienced hurtful behaviour online? 	<ul style="list-style-type: none"> Slides Tambourine (bells would also work well) Poster Sheet 5A/5B/5C Board Game Sheet (FSD? activity only) Game Card (FSD? activity only) Feelings Cards

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End of Primary Phase Objectives:

Relationships Education - Caring friendships

- how important friendships are in making us feel happy and secure, and how people choose and make friends
- the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties
- that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded
- that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right
- how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed

Relationships Education - Respectful relationships

- Relationships Education - Respectful relationships

Vocabulary

relationships, family, friend, relative, acquaintance, words, actions, behaviour, teasing, name-calling, excluding, including, disagreement, bullying, feelings, hurt, hurtful, lonely, worried, sad, scared, happy, unhappy, positive, negative, healthy, unhealthy, respect, communicate, listen, take turns, share, support, co-operate, negotiate, compromise, conflict, resolve, problems, online, digital, technology, offline, playground, home classroom, club, trusted adult

Teacher notes