

Knowledge - what I already know

I know some adults that can help me
 I know some uncomfortable feelings
 I know its important to support each other

Knowledge - what I will know by the end of this unit

To know where to go for help
 To know some ways of managing uncomfortable feelings
 To understand the impact of boost up and put downs
 To understand that sometimes friendships end
 To recognise the relevance of forgiveness
 To recognise ways of supporting each other

Useful vocabulary

Youth club - a place or organisation that provide activities for young people
Church - a building used for public worship
Doctors - a person who's qualified to treat people who are ill
Help-lines - a telephone service providing help with problems
Confidentiality - a state of keeping a secret or keeping something private
Embarrassed - feeling awkward, self-conscious or ashamed
Humiliated - to make someone feel ashamed and foolish by injuring their pride
Blushing - to show shyness, embarrassment or shame; becoming red in the face
Sarcasm - to use irony to mock or convey contempt
Put downs - to make someone feel bad
Boost ups - to make someone feel better
Self-esteem - confidence in one's own worth or abilities
Loss - to process of losing something or someone
Empathetic - showing an ability to understand and share the feelings of another
Forgiveness - the process of forgiving someone or being forgiven
Making amends - to correct a mistake that you've made
Resentment - to feel bitter
Grief - intense sadness caused by losing someone
Mistakes - something done wrong
Support - to give assistance to

Activities

- What are some problems that you might need help with? Who could help you in our community?
Class activity to share ideas.
- What are some things that make us feel embarrassed or humiliated? Role play supporting people in embarrassing situations
- Role play giving boost ups and put downs. What's the impact of them both?
- Why do some friendships come to an end? Role play different situations that we lose friends. How can we avoid hurting feelings?
- Discussion: Is it ok to be angry at someone forever? Why is forgiveness important? Why is self-forgiveness important?
- Circle time: Discuss our worries, how can we help each other?

Skills

- Take part in discussions with one other person and the whole class, and take part in a simple debate about topical issues
- Identify and respect differences and similarities between people
- Recognise choices they can make and recognise the difference between right and wrong.
- Recognise the effect of their behaviour on other people, and cooperate with others
- Understands where to go for help in the community
- Understands how to manage uncomfortable feelings and how to support those in uncomfortable situations
- Recognises the impact of boost ups and put downs
- Understands why friendships end and how we can avoid hurting feelings
- Understands the importance of forgiveness
- Recognises ways to support each other when we're worried