

Lesson No.	Lesson Title	Learning Outcomes	Content	Key Vocabulary
1	Our ideal classroom (1)	<ul style="list-style-type: none"> <li>Suggest actions that will contribute positively to the life of the classroom.</li> <li>Make and undertake pledges based on those actions.</li> </ul>	<p>Imagine an ideal classroom and create a list of ideas. These are rules/pledges which will ensure everyone is happy, safe and can learn.</p> <p>Activity- Write an individual pledge to show how to make a classroom a happy place to be.</p>	Happy Safe Caring Friendly Rules
2	Our ideal classroom (2)	<ul style="list-style-type: none"> <li>Take part in creating and agreeing classroom rules.</li> </ul>	<p>Share individual pledges from the previous session. Explain we now need to create a set of group pledges or rules.</p> <p>Activity- Come up with a set of rules using the sentence starter 'I can remember to...' and children sign and agree to follow the rules.</p>	Happy Safe Caring Friendly Rules
3	How are you feeling today?	<ul style="list-style-type: none"> <li>Use a range of words to describe feelings.</li> <li>Recognise that people have different ways of expressing their feelings.</li> <li>Identify helpful ways of responding to other's feelings.</li> </ul>	<p>Introduce emotion words and think of synonyms.</p> <p>Discuss the different ways we show our emotions.</p> <p>Choose pairs to stand back to back. Give children an emotion and ask them to show that emotion. Emphasise how people show emotions differently.</p> <p>Activity- In groups, role play different emotions and how to respond positively to peers who are feeling a certain way.</p>	Feelings Showing feelings Help
4	Don't do that!	<ul style="list-style-type: none"> <li>Understand and describe strategies for dealing with bullying.</li> <li>Rehearse and demonstrate some of these strategies.</li> </ul>	<p>Discuss the school rules about bullying. Find out more about understanding of bullying and strategies to deal with it using a variety of sentence openers:</p> <p>'It is not right to bully because ...'</p> <p>'Some people bully others because they ...'</p> <p>'If I am bullied, I can talk to ...'</p> <p>'If I see someone being bullied I can talk to ...'</p> <p>'I can help someone being bullied by ...'</p>	Bullying Teasing Repeated Regular

			Activity- In pairs, play 'Don't Do That...' Come up with what someone could say if they are being bullied or someone else is being bullied.	
5	Types of bullying	<ul style="list-style-type: none"> <li>Explain the difference between bullying and isolated unkind behaviour.</li> <li>Recognise that there are different types of bullying and unkind behaviour.</li> <li>Understand that bullying and unkind behaviour are both unacceptable ways of behaving.</li> </ul>	<p>Listen to the 'Friends are Special' song to identify what some people like about their friends and like to do with their friends.</p> <p>Discuss the different types of bullying (physical, verbal, emotional and cyber) and what actions can be bullying. Emphasise that bullying is something that happens repeatedly.</p> <p>Activity- Using the 'Types of Bullying' comic strip, discuss how the child could get help. Discuss whether the incident is bullying and create a list of people to talk to when unhappy or worried.</p>	Bullying Help Don't do that
6	Being a good friend	<ul style="list-style-type: none"> <li>Recognise that friendship is a special kind of relationship.</li> <li>Identify some of the ways that good friends care for each other.</li> </ul>	<p>Introduce Harold the Giraffe and his friends. Explain that even though they are good friends they sometimes do things which are not that friendly.</p> <p>Activity- Complete the activity sheet 'Being a Good Friend' by identifying whether the characters are being good friends in different scenarios. Create two lists: 'good friends do...' and 'good friends don't do...'</p> <p>Play the circle game 'The sun shines on those who...'</p>	Friendly Friendship

7	Let's all be happy	<ul style="list-style-type: none"><li>• Recognise, name and understand how to deal with feelings (e.g. anger, loneliness).</li><li>• Explain where someone could get help if they were being upset by someone else's behaviour.</li></ul>	<p>Discuss key questions about feelings such as 'How would you feel if you were going to a party?', 'How would you feel if all your friends were going to a party and you weren't invited?'</p> <p>Explain that we have feelings all the time; some make us feel good while others don't.</p> <p>Activity- Look at images of others to discuss how they are feeling, play 'Feelings charades'.</p> <p>Come up with ideas of how to help someone feeling 'not so good'.</p>	Feelings Help
---	--------------------	---	--	---------------