



ReSPECTful Relationships



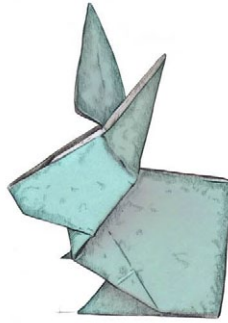
Lesson Plans and Resources

Key Stage 1

Lesson 1: Feelings and Family

Aims & Outcomes..... 2

Lesson Plan..... 3



Lesson 1: Feelings and Family

KS1

Session Aim

- To provide opportunities to talk about feelings in relation to home and family
- To enable the learner to identify adults at home or in their family who help them to manage negative feelings.

Learning Outcomes:

Most learners will:

- Talk about their family and recognise that not all families are the same.
- Identify a trusted familial adult who can help them manage negative feelings.



TIME (MINS)	TUTOR ACTIVITY	LEARNER ACTIVITY	RESOURCES	EXTENT STUDENTS ARE ENGAGED
15 mins	<p>Introduce topic of families.</p> <p>Read/ watch story Owl Babies</p> <p>Focus on specific parts of the story to highlight trusted adults.</p>	<p>Listen to the story</p> <p>Join in discussion and relate the story to own experiences and feelings.</p>	<p>Book: Owl Babies -Martin Waddell</p> <p>FIND ONLINE</p>	Children's contribution to discussion and activities.
15 mins	<p>Explain that not all families are the same, which makes them unique. Talk about "unique" and refer to Owl Babies, i.e. dad is not mentioned.</p> <p>Invite children to talk about their families – Who is important to them?</p> <p>How do family members talk to them / make them feel? (e.g. being praised by parents for being good vs being told off / going to grandparents / helping younger siblings).</p>	<p>Join in discussion</p> <p>Draw family portrait –</p> <p>My Unique Family</p>		Children able to talk about their own family.
15 mins	<p>Reflect on discussions with children, talk about feelings identified in story.</p> <p>Ask children who they talk to in their family when they feel sad, scared etc.</p> <p>Ask children to draw / write names of a familial adult they trust on their printed hand.</p> <p>Encourage children to talk about experiences with trusted adults at home with examples of how these adults help when they feel sad, scared etc.</p>	<p>To think about familial adults who help them to feel okay.</p> <p>Draw / write on printed hand with support.</p>	<p>Helping hand diagram</p> <p>(see resource pack)</p> <p>Pencils and crayons</p>	Children with language needs are supported to create their individual Helping Hand and to contribute to creating class Helping Hand.

<p>5 - 15 mins (Depending on attention span / age range)</p>	<p>Reflect and recap on families and feelings session.</p> <p>Explain that we will be doing more work about friends and feelings next time.</p> <p>Bring session to a close with song - <i>if you're in a family and you know it... if you have feelings and you know it...</i></p> <p><i>If you're ?? (children to choose feeling) and you know it</i></p>	<p>Happy song</p>	<p>Happy song</p> <p>FIND ONLINE</p>	<p>Children with language needs are supported to take part.</p>
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