

KS1 Relationships

Challenge: How To Be Kind.

Relationships Education:

Respectful Relationships

Objectives:

To know how important friendships are in making us feel happy and secure. How people choose and make friends.

To understand the characteristics of friendships: mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, sharing interests and experiences, supporting with problems and difficulties.

To understand that healthy friendships are positive and welcoming towards others and do not make us feel lonely or excluded.

Resources:

Paper roll, pens, paint, brushes, glue, person outlines, coloured paper
'Emotions Diary' Resource Sheet
'Kindness Jar' Resource Sheet

Vocabulary:

Emotions
Kind
Unkind

Introduction:

Today we're going to think about what being kind to another person means. Can you give some examples of kind behaviour? Can you think of some examples of unkind behaviour?

Active Mission:

Take children into the hall and have a group discussion about how you feel when someone is kind to you. How does it make you feel? Where in your body do you feel happiness? What if someone is unkind to you? How does that make you feel? Where can you feel it in your body? Can you describe what it feels like?

Split the children into small groups, giving each group a large, pre-made outline of a person. Using marker pens, the children are to write unkind statements, or draw unkind scenarios, within the outline.

- o "You're ugly!"
- o "You're horrible!"
- o Draw someone pushing someone over, etc.

Once they have finished, for every unkind statement or drawing they have written, they are to rip the outline of the person. Explain to the children that the comments have hurt the person - they have made them feel upset. Is it kind to make people feel upset? How can you help someone feel better when someone has upset them? The children are to try and stick the person back together. With each piece they stick, they are to say something kind to the person. Our kindness has helped the person to feel better.

Children then complete the sentences:

When someone is unkind to me, I feel.....
When someone is kind to me, I feel.....

When I am unkind to others, I feel.....
When I am kind to others, I feel.....

Classroom Challenge:

Throughout the day we can feel a wide range of emotions.

The children are to complete an 'Emotions Diary' at key points of the day to monitor how they are feeling and what or who made them feel that way. Encourage the children to have a positive impact on how others feel by making kind gestures or comments. The children can also colour in the outline of the person on the diary using different colours for each emotion, eg. angry - red, happy - yellow and upset - blue etc

Pupil Voice

The children are to present their diaries to the class, discussing not only how others made them feel, but also how they made other people feel. Did the children notice each other's acts of kindness?

Reflection and Review:

Children to each have a slip of paper to write or draw how they can be kind to someone to put into a jar. Explain that this jar can be used if they are feeling a bit upset or lonely as doing something kind for someone else not only makes that person feel better, but themselves also. See resources for a template of the jar label.

