



My Life

Session 1 – Family and friends

**Commissioned by The PiXL Club Ltd.
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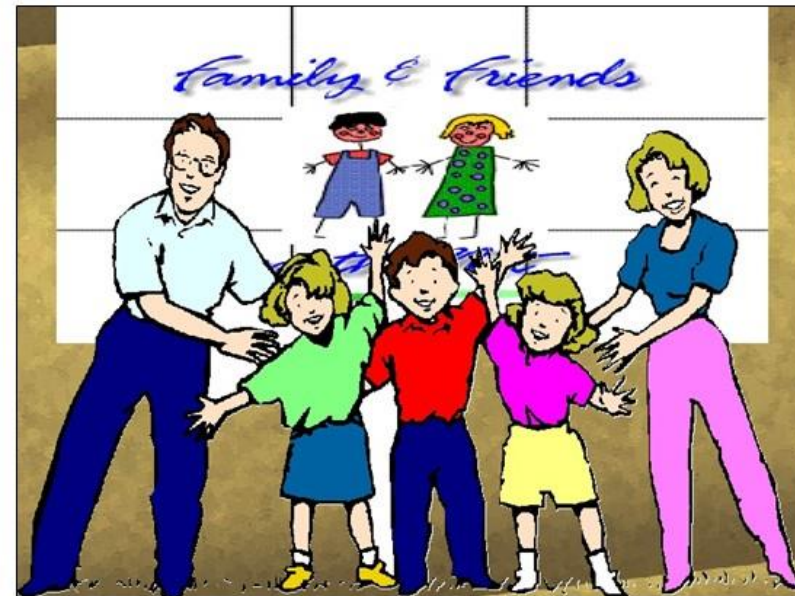
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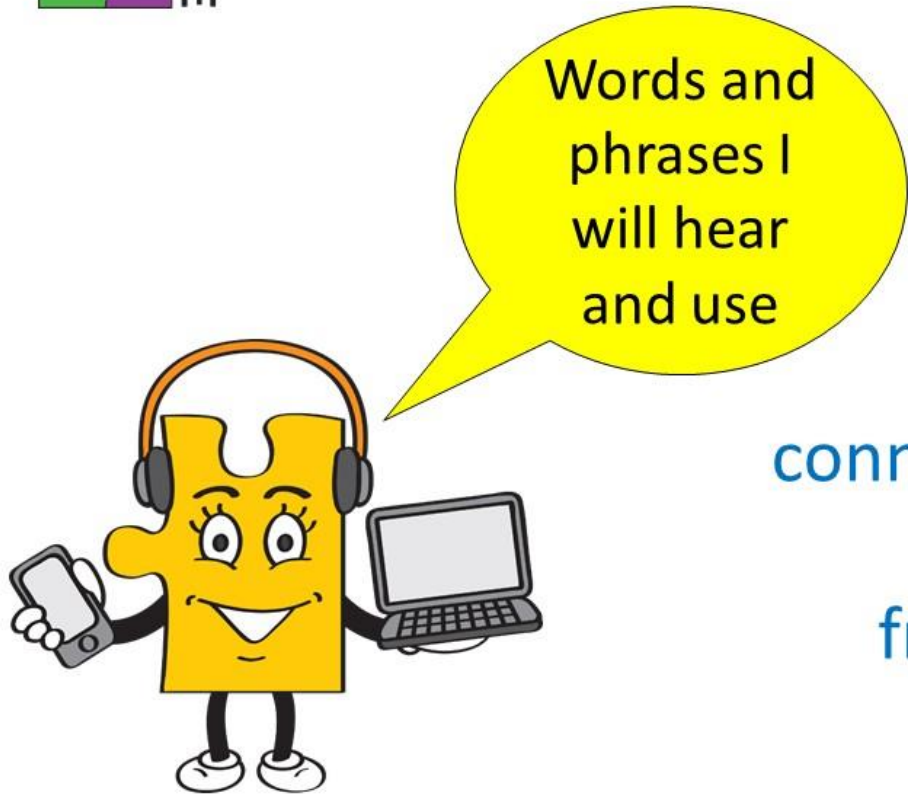
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Session 1 Plan: Family and friends		
Intended learning	1. Knowing the people who are important to me 2. How to be a good friend 3. Why connections are important	Challenger Year 1 & 2
Key language	connections, relationships, family, friends, interests, trust, influence, ancestors, positive	
Resources	Lesson PPT	
Outline of the lesson		
Slides 3 - 4	Introduce the session with the lesson objectives along with the key words pupils will hear and use.	
Starter - slides 5 - 8	Have pupils share who are the important people in their life and why they are important. Agree that some of the most important people are our family and friends. Discuss what a family unit is and ensure you emphasise that families are all different and don't just have to be connected genetically. Introduce some fictional families and have pupils share some examples of their family. Then, have a circle time to discuss why family is important to us and how it makes us feel.	
Main – slides 9 - 14	<p>Explain that another important connection is friends. Ask pupils to discuss what they think a good friend is and then watch the clip 'What makes a good friend' (https://www.youtube.com/watch?v=ReMq3KX8F94). Explain that a friend is a person we like and care about and possibly share similar interests with. They should be a good influence on us. Being friends takes effort from both sides and it is important that we work to maintain our friendships. Look at the qualities of a good friendship. Discuss that some people say they are our friends but they may not be truthful. Complete the card sort activity to establish good and bad ways to be a friend. Then, talk about a healthy friendship, one that has a positive influence on you and is reciprocated. Discuss the traits of a healthy friendship. Are there any qualities that they wish to add?</p> <p>Task 1: Pupils to use their artistic skills to create an award for an awesome family member.</p> <p>Task 2: Write a recipe for a good friend in the style of a set of instructions.</p>	
Plenary – slide 15	Have some pupils either share their award or recipe with the class. End with a discussion around these probing questions: Can we be friends with someone after we have had a disagreement? Do you think a friendship lasts forever?	
Slides 16 - 17	Cards for sort activity.	

In today's lesson we will learn...

1. Recognising the people who are important to me
2. How to be a good friend
3. Why connections are important





Words and
phrases I
will hear
and use

family

interests

relationships

connections

trust

friends

positive

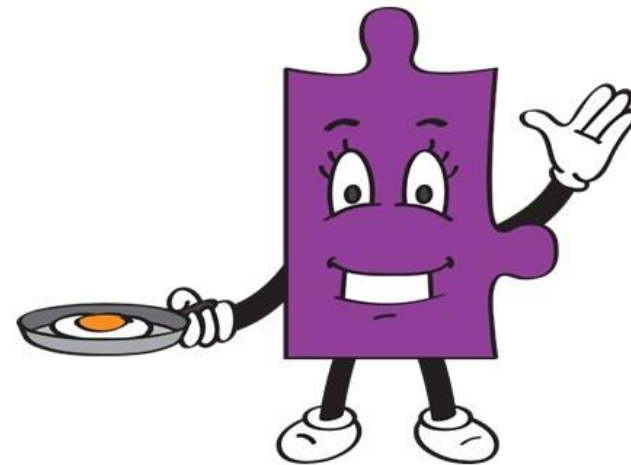
influence

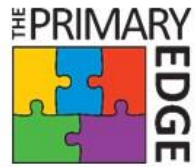




Who is important to you?

Why are they important?





What is family?



- A family is a group of people that may be made up of parents, children, aunts, uncles, cousins and grandparents.
- Some family members are connected to you because you share common ancestors. However, families can be any unit of people who are connected because they love and care for each other.
- Families come in all different types, shapes and sizes.



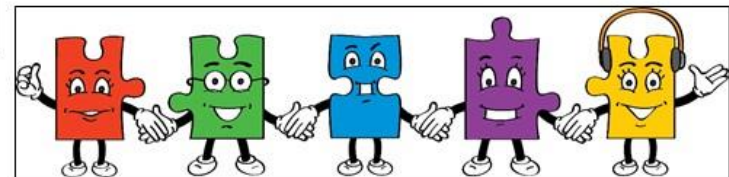
Meet the family



Daddy Bear
Mummy Bear
Baby Bear

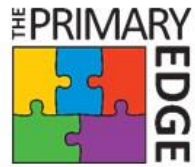


Mum
Jack



LORIC family



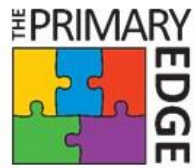


Why is family important?

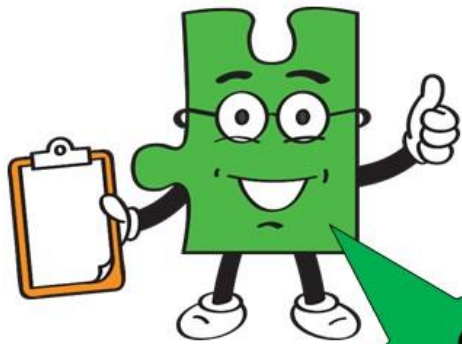


There are many reasons why family is important. Here are just a few:

- ✓ Families love and care for each other.
 - ✓ Families understand us the best.
 - ✓ Families can work together and make us who we are.
 - ✓ Families keep us safe and protect us.
 - ✓ Families can help us make decisions.
 - ✓ Families mean there is always someone there for us.
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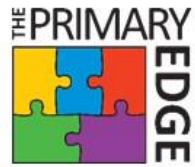


Friends



Can you describe a good friend?





Friendship means...



- ✓ Having someone to play with.
- ✓ Having someone to share with.
- ✓ Having someone to pick you up when you feel down.
- ✓ Having someone who talks and listens to you.
- ✓ Having someone to cheer you on.
- ✓ Having someone who makes you laugh.
- ✓ Having someone you can trust.



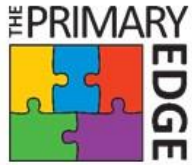
Good or bad ways to be a friend



A good friend is very precious, and it is worth putting effort into maintaining the friendship. Therefore, we should always try to focus on the good ways to be a friend.

Sort these cards into good ways or bad ways to be a friend.





What makes a healthy friendship?



Care – Consider your friend’s feelings. Know how to make them happy and support them.

Respect - Respect each other and know what’s important to them.

Trust – Feeling you can count on each other and that the other person will be there for you.

Communicate – Talk and listen to your friends.

Enjoy – Make sure you can laugh and have fun together a lot of the time.

And the award goes to...

TASK 1:

Make a trophy or an award for a family member who you think is awesome.

Write a thank you note explaining why they have won the award.



A recipe for a good friend

TASK 2:

Write a set of instructions for making a good friend.

Think of all the qualities you would look for in a friend and then mix them up together!



Something to think about...

Can we be friends with someone after
we have had a disagreement?

Do you think a friend lasts forever?



Good and bad friendship sort



Remind them to follow the rules if they forget.	Always tell them the truth.	Work together.
Include them in your games.	Support and encourage them when they try their best.	Forgive them if they make a mistake.



Good and bad friendship sort



Make up a funny name for them and share it with others.

Whisper about them.

Tell on them to make yourself feel good.

Say you aren't friends anymore if they play with someone else.

Exclude them from your games.

Give them a thumbs down when they make a mistake.

