



Celebrating Difference - Year 4

## Spring 2: Healthy Me

Lesson 1: My Friends and Me

Lesson 2: Group Dynamics

Lesson 3: Smoking

Lesson 4: Alcohol

Lesson 5: Healthy Friendships



DATE:

In PSHE IALT: understand friendships

Discuss the vocabulary with a partner:



Friend

emotions

relationships

value

healthy

embarrassed



Think of as many different friends as you can.  
Write them on a piece of paper.  
They can be in and out of school.

Where do you know your friends from?

Do you like all your friends the same way?

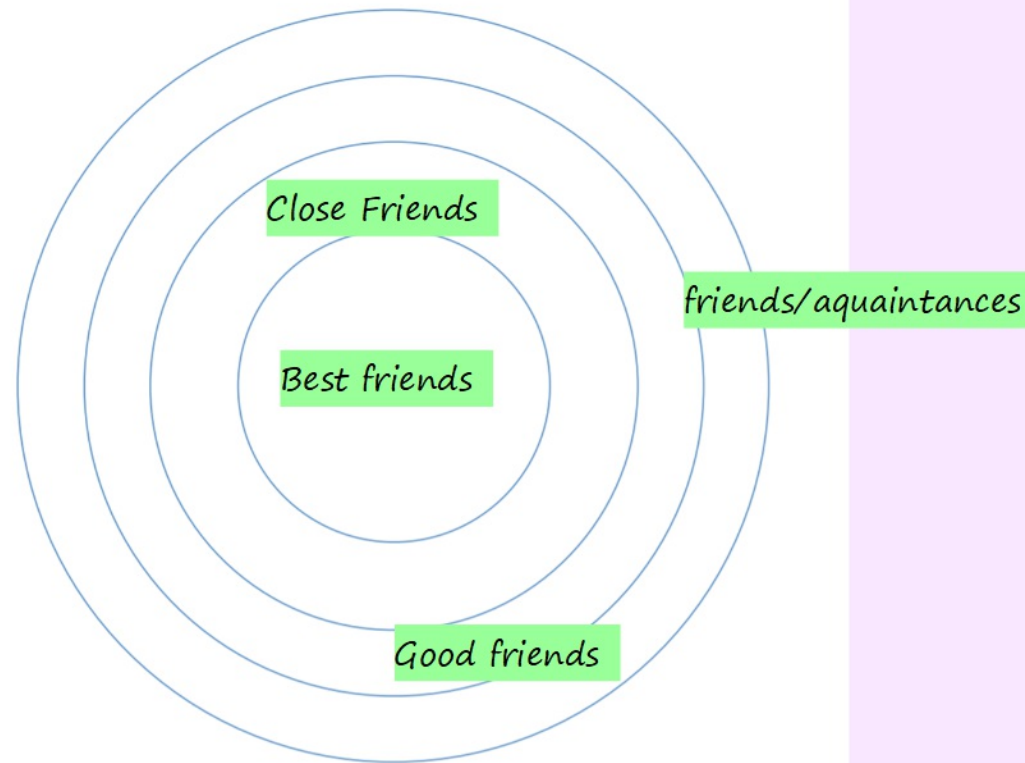
Do you like doing the same things with all of your friends?

Would you like to see all of your friends all of the time?

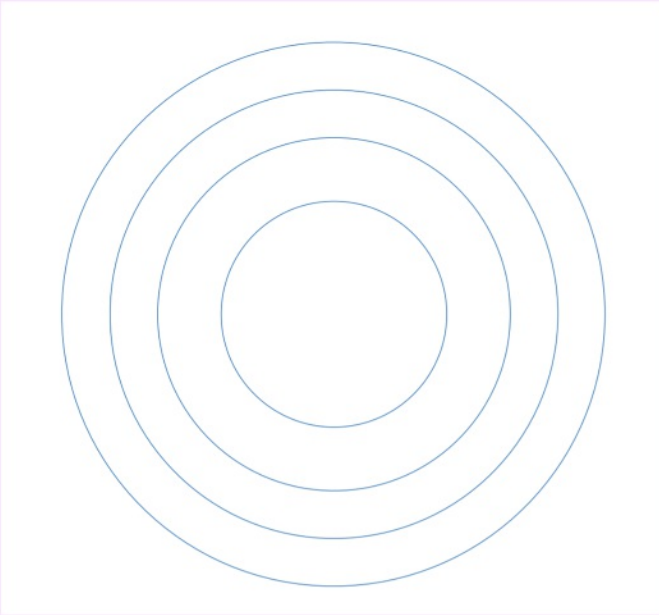
These are Friendship Circles. They help us understand different levels of friendships.

Teacher model one on WB.

Why do we have different friendship groups?



**TASK: Complete your own friendship circles.**



**Write names/initials**

**Draw faces**

It is important to have different friends because \_\_\_\_\_

I spend the most time with \_\_\_\_\_  
because \_\_\_\_\_

I became friends with \_\_\_\_\_ when \_\_\_\_\_



I had a friend who was part of my friendship group but isn't anymore. When we went swimming, she laughed at my goggles and pointed at me when I jumped in and splashed people. How do you think I felt?



## Activity: In Books



Brain bubble to Reflect:

When I am embarrassed I feel

\_\_\_\_\_.

To deal with my feelings I would

\_\_\_\_\_.