

Year One

Lesson 1

Lesson length: 60 minutes

Unit title: My friends and me

Lesson title: The same and different

Year
1

Learning Objectives

To recognise that some things are the same and some things are different about themselves, other children and their friends.

Relationships and Health Education

Learning Outcomes

Families and people who care for me

- that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care

Respectful relationships

- the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs

Caring friendships

- how important friendships are in making us feel happy and secure, and how people choose and make friends
- the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties

Mental wellbeing

- how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings
- simple self-care techniques, , time spent with friends and family and the benefits of hobbies and interests

Suggested Activities

Pupils think about the other pupils in their class and things they have in common with each other.

The teacher might ask them to arrange themselves in groups; for example pupils with long hair, pupils with a brother, pupils who like singing, pupils with the same surname.

Activity Discuss with pupils

Which things were the same and which things were different?

Were they always with the same group of pupils?

Were they always in the same group as their friends?

Talk about how the pupils are similar from each other – gender, names, families, things we like, religion, colour of our skin, hair, our clothes, if we have a disability etc.

Pupils talk to a partner to find out three things they have in common and three things that are different about them.

Can they find out things they didn't already know about each other?

Did any of the things they found out surprise them?

Why is it good that there are differences between us?

Do we only have to be friends with children who are the same as us?

Consider how although we often choose friends because of shared interests, as we get to know each other we may find we also have differences and it is important to be respectful of those differences. That is what make our friends interesting!

Read the story 'Happy in Our Skin' which celebrates similarities and differences.

Activity Pupils draw a picture of themselves and their friend(s).

They draw or write something they have in common and something that is different between them.

Debrief Pupils to share one thing that makes their friend/ partner different to them but special

Unicef articles

Article: 5,8,9,15,18,20,21,22,23

Resources

Happy in Our Skin

Fran Manushkin

ISBN: 978-0-7636-7002-3

Key vocabulary

Similar

Different

Respect

Shared interests

Friends

Friendship