

Year Four

Lesson 1

Lesson length: 60 minutes

Unit title: Understanding and appreciating positive relationships

Lesson title: Positive relationships

Year
4

Learning Objectives

To recognise what constitutes a positive, healthy relationship and develop the skills to form and maintain positive and healthy relationships.

Relationship and Health Education

Learning Outcomes

Families and people who care for me

- the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives
- that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up
- that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong

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

Respectful relationships

- practical steps they can take in a range of different contexts to improve or support respectful relationships
- the conventions of courtesy and manners

Mental wellbeing

- how to recognise and talk about emotions, including having a varied vocabulary of words to use when talking about own and others' feelings

Suggested Activities

Reflect on the relationships pupils have in their lives; for example those with friends, with siblings and parents, with extended family and with teachers and other adults.

Optional - You may want to use the following book - The Great Big Book of Families by Mary Hoffman and Ros Asquith.

Activity Pupils can draw a mind map, with 'me' in the centre of all the different relationships they have in their lives.

Notice that each person's map is different, some may have more or fewer people, sometimes we might see our special people every day but sometimes infrequently.

- Which of these people are special to us?
- What makes them special?
- How do special people treat one another?

Activity Discuss the value of caring for one another. How do people show that they care about each other?

Ask pupils to act out or draw examples of the following ways of showing they care about the special people in their lives.

- Showing respect to one another (listening, using manners, sharing)
- Spending time doing something together (sharing interests and experiences)
- Supporting someone when they are feeling upset (listening, offering help, showing that you care)

Clarify what 'empathy' means with pupils.

Activity Why is empathy important in caring relationships? Compare how children would show they care for an adult compared to a friend or sibling. Discuss the responsibility adults have towards children – for example a parent has a duty to comfort a child who is upset, but a child should not be expected to look after an adult. (* Be sensitive to pupils who may be young carers).

<https://youngminds.org.uk/find-help/looking-after-yourself/>

Discuss that when adults get married this represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong. (Recognise that not all children have married parents, and that children can have stable, caring relationships with parents who are not married).

How can we show we care about people who live far away?

Watch the BBC film clip about maintaining a long-distance relationship.

<http://www.bbc.co.uk/education/clips/zjypyrd>

Debrief Circle time- pupils talk about different ways that they care for someone special to them and how they maintain good relations.

Unicef Articles

Article: 5-25, 27, 30, 31, 32, 37, 38, 39

Resources

BBC KS2 Bitesize
<http://www.bbc.co.uk/education/clips/zjypyrd>
Young Minds-<https://youngminds.org.uk/find-help/looking-after-yourself/>
Optional- The Great Big Book of Families by Mary Hoffman and Ros Asquith

Key vocabulary

Relationships	Friends
Respect	Mutual respect
Family	Siblings
Marriage	Commitment
Stable	Caring
Empathy	