

## Year 3

### Caring friendships suggested lesson

**Learning statement** - That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.

**Lesson and activity** - Initial discussion about how a friend can affect our emotional health and wellbeing. What does it feel like when a friend is off ill/on holiday. What emotions do you feel when you are with/not with your friends?



Use questions on a sliding scale and children to vote against the

statements from strongly agree to strongly disagree, statements could be - A friend should be the same gender as me, A friend should like everything that I do, A friend listens to me. A friend won't let me play with anyone else, A friend makes me feel better when I am sad, A good friend talks behind my back, etc.

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### Respectful relationships suggested lesson

**Learning statement** - The conventions of courtesy and manners

**Lesson and activity** - Create a kindness calendar for the whole class to follow for a given time. For example, Monday smile at everyone who you have eye contact with, Tuesday give 2 people a compliment, etc.

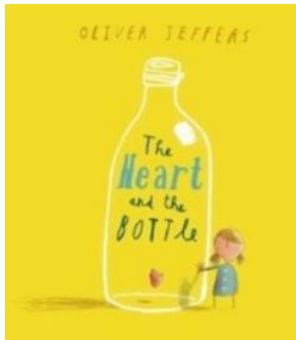


## Mental wellbeing suggested lesson

**Learning statement** - That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.

**Lesson and activity** - Discuss different types of loss as a group i.e. losing an object, falling out with a friend, parental separation, moving schools, death of a pet or family member, whilst being sensitive to individual circumstances.

Watch/read the story "The heart and the bottle" by Oliver Jeffers -



[https://www.youtube.com/watch?v=8FSuy-J\\_Pzk](https://www.youtube.com/watch?v=8FSuy-J_Pzk)

Some of the illustrations have speech bubbles that show pictures instead of words. Can the children think of the words that the characters might be using?

As a class/small group, retell the story from the girl's point of view.

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