Year 3 - Lesson plan for session 1

Healthy relationships

[Positive Choices Coventry](https://www.changegrowlive.org/positive-choices-coventry)

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| Links to PSHE Association Programme of study  See:  <http://www.pshe-association.org.uk/resources> | Learning outcomes  By the end of this lesson, the pupils will have:   * Thought about making healthy peer relationships * Considered the influence friends can have on our decisions |
| Time required | 30 minutes (depending upon pupil’s needs and teacher choices) |
| Required resources | Paper and pencils for children to record their learning and thinking – this alternatively could be done electronically  Flip chart / A3 paper and pens for each table (optional)  We would also suggest that pupils have a PSHE learning journal to provide evidence of learning and progression and as a reflective |
| Lesson Plan | **Introduction activity – whole class**  To summarise the topic; share with the class that friends can be a big part of our life whether we are children or adults and finding positive friends who care and support us is important. Today will explore what it means to be a positive/healthy friend.  **Main activity – The positive friend recipe**  **Individually or in small groups:**  On paper, draw an outline of a person.  Introduction of activity - Imagine that you have a book full of magic recipes. The very first recipe in the book is how to make positive friends.  What do you think the magic potion will be made of?  Inside the person ask the children to add words that describe a positive friend; encouragement can be given around the class considering descriptive words about that friend, what character that person has etc.  Around the outline; children are to then consider other aspects about a positive/healthy friendship:   * What things could you do together? * How do they make you feel? * What sort of things might they say to us? * What encouragement would they give us? |
| Assessment / Plenary | To assess understanding; share the ideas from the above activity – what are the common themes? Do the class feel that a positive friend would have a good or negative impact on our decision making?  Can the class think of a way that encourages everyone being involved in playing together at break/lunch time? An example may be ‘ready to play bench’ that someone can sit on if they need to be invited by someone to play. |