Year 6 - Lesson plan for session 1

Our values and attitudes

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

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|  Links to PSHE Association Programme of studySee:<http://www.pshe-association.org.uk/resources> | Learning outcomes By the end of this lesson, the pupils will have: * Built an atmosphere of respect and safety.
* Been able to express ourselves in a healthy manner.
* An awareness of who can influence us and that this can sometimes be in an unhealthy way.
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| 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 log. |
| Lesson Plan | **Introduction discussion – whole class**The following three sessions will include discussions on drugs and alcohol which some people may feel uncomfortable to talk about or hear. For this reason, we need to be respectful and mindful in how we talk about this topic and know that we can speak to an adult if we are upset.**Main Activities:****Activity 1 – rule setting and class values; class discussion**To assist in making the classroom a safe environment to talk; some rules will be established and written on the board/large paper for the class to remember. These rules can be bought back and reminded of for the following two sessions also.To feed into the class rules; exploring the class values is a good start. Your school may already have well established values that the students adhere to – these are great to feeding into an environment of safety and respect.A discussion on these values and expectations will support the pupils in up-and-coming discussions.Activity 2 – expressing ourselves; class discussion.People are entitled to have different attitudes and feelings on different topics; this makes the world an interesting place to be. As we can have different attitudes and values, we have to express them in a way which respects other people.Discussion point - How can we express our thoughts on topics in a healthy and respectful way? Mind map the responses and highlight the impact on others of not being respectful.Activity 3 – the influence of others; class discussion‘Who can influence our thoughts, attitudes and values?’ This can include family, friends, teachers, celebrities, politicians, the newspapers. It is important to highlight that this can either be a positive or negative influence.‘How would we know if someone was having a negative influence on us?’This may include early warning signs that we feel uncomfortable, getting into trouble, someone being offended by our words or actions, being disrespectful, breaking the law. |
| Assessment / Plenary | In preparation for the following session: it is advised that the preparation activity/homework is set (resource: ‘My Thoughts’) |