PSHE Week 5 Summer 2

Lesson 1:
We are continuing with our task of how to make new friends. Read the phrases below and order them from what you think are the best ideas for you, to the least best ideas. (Which ones do you consider as being the most or least helpful.) Write this as a list using numbers.

- Go and stand or sit next to the person
- Say hello
- Smile at someone
- Say something about the weather
- Tell them something about you
- Watch their body language – do they smile back, answer your questions, seem happy to stand or sit by you?
- Keep the conversation going
- Ask to be their friend on social media
- Ask someone a question
- Introduce yourself by telling them your name
- Ask someone the time or for directions
- Invite them to sit with you
- Ask if you can join in
- Like their profile page
- Invite someone to join in
Lesson 2: Mindful listening
Find a quiet place and get into comfortable position
Control your breathing and close your eyes.
Once you are calm, listen mindfully to all the sounds that are going on around you. That's the sound of life continuing. A sound of reassurance. Set your timer, after 10 minutes, open your eyes and write down all the sounds you can remember hearing.

Read the following scenarios about friendship and find a challenge and
Lesson 3
Read the following case histories and discuss the following for each of them

- What might cause or has caused the friendship to change?
- How might the friendship change?
- Can the friends involved stay friends?
- What can the friends involved do to stay friends (if they want to)?

Case history 1
Libby and Alex have been best friends since nursery. They have always been in the same class in primary school and spend lots of time together out of school too. When they start secondary school, Libby meets Sunni. They really like one another and start spending time together. Libby wants Alex and Sunni to be friends too, but Sunni and Alex don’t like one another very much. They both want Libby for a friend, but don’t want to hang out with one another.

Case history 2
Dev and Chris are part of a big group of friends who always go round together. On their recent transition day to secondary school, their new class lists showed that they would be in different classes. Dev is with some of the rest of the group, but Chris only knows one other person in the class and they’re not really friends.
Lesson 4:
Mindful Talking
Role play a scenario whereby you put an empty chair in front of you and pretend that the person in that chair is Hamza (from case study 4). You are Callum. Speak to him in a respectful way, whereby you express to him how what he did made you feel. Explain to him why it made you feel this way. You can repeat this exercise until you feel comfortable with this.
Case history 3

Naila and Robin are best friends and do everything together, in and out of primary school. Now they have started different secondary schools. Robin’s new school is up the road from where they live, but Naila’s is a long bus journey away. Before they started their new schools they promised that they would keep in touch by texting or calling every day, and that they would see each other whenever they could. In the first week, Robin keeps texting Naila, but Naila hasn’t replied. Robin wonders if Naila really wants to stay friends.

Case history 4

Callum has started secondary school without any of his old primary school friends. In the first week he makes friends with Hamza who is in his tutorial group, and they seem to get on really well. They have a lot in common, they like the same things and neither of them have any of their old friends with them. Hamza invites Callum over to his house and they have started to walk to school together. After a couple of weeks, Callum goes to meet Hamza one morning and sees Hamza with a group of other people from their school. Callum waves to Hamza but even though he sees Callum, Hamza ignores him. When Callum comes into class he smiles at Hamza but Hamza puts his head down and pretends not to notice.
Write a benefit and a challenge for each scenario. What is the good thing about it that you can learn from, and what is a challenge about it that can help you?