

PSHE - Lesson 2 - Healthy Me

L.O: I know how friendships are different and understand who I want to be closest to me.

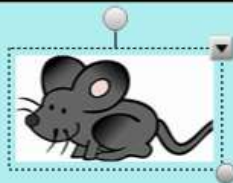
Your friend always wants to sit next to you, but sometimes you like to sit next to someone else.

Your friend asks you to play after school, but you want to go around to a different friend's house.

How would you handle these situations?

Look at the animals below, what qualities and characteristics do they each have? Are there words or phrases that are associated with these animals e.g. quiet as a mouse, cats are sometimes thought of as sly, dogs loyal.

- Mouse



- Dog

- Wolf

- Chimpanzee



What are the benefits of being like each of the animals?

Read this short scenario:

It is time for PE (Physical Education) class in school. The teacher has mixed the children up so they are in teams with children they don't normally work with. The teams are competing against each other in a race. Imogen and Zanib argue because they have different ideas about how to get their team to win. Harry sits down because he is fed up with them arguing and lets them get on with it. He doesn't really care about the race anyway. Tina-Marie has a good idea but he doesn't say anything because nobody is listening.

Now think about the different roles the children have adopted.



Is there more than one leader?

What roles have Harry and Tina-Marie chosen?

Can the children problem-solve this situation?

How could the group work better?

Can anyone be more assertive?

Peer-pressure is when you feel pressured into doing something because people you know are doing it and encouraging you. It is usually something you don't want to do.

Can you think of a time when you've been peer-pressured?

