



Title: Being Positive and Respect

DATE:

Ready to Learn Reminders

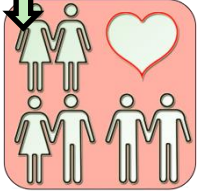
- Sit in the seating plan.
- Take your coat/hat/scarf off.
- Get equipment out (including green pen).
- Write title, date, subheading and underline – keep your book beautiful!
- Complete DNA in silence.



Do Now Activity

Retrieval Practice





Being Positive & Respect



LEARNING OUTCOMES

Knowledge, Skills & Actions

To understand that people can all feel the same range of emotions, but do not necessarily respond in the same way to similar situations

To celebrate personal strengths and achievements

and promote awareness of what can affect us



New Vocabulary

Opportunities, hopes, fears, worries, expectations, choices, problems, positivity, optimism



STARTER ACTIVITY

What causes someone to be positive about a situation?

Why is it important to understand that some people do not respond in the same way to similar situations?

EFFECTIVE GROUND RULES

CREATIVE
CURRICULUM

Show respect

- By listening
- Not interrupting
- Only 1 person talking at a time

You don't have to say things about yourself if you don't want to (**You have the right to pass**)

It's OK to get things wrong

Enjoy the lesson, Challenge your perceptions and **understand how to seek further advice and support**

PSHE

Be open and honest but **no personal comments** – Discussions will be about 'general situations'

PSHE CLASSROOM RULES DEALING WITH SENSITIVE TOPICS

SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART

Use the agreed appropriate Language (**Avoid slang terms**)

Don't show the fact you are embarrassed through silliness

EFFECTIVE GROUND RULES

CREATIVE
CURRICULUM

Don't make assumptions about people's values, attitudes, behaviours, life experiences or feelings

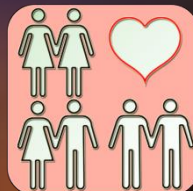
There are **no stupid questions**. A question box for anonymous Questions

Have a **non-judgemental approach**. No put downs and challenge the opinion not the person

Conversations stay in the room unless it is a **safeguarding issue**








Being Positive and Respect



ASSESSMENT
FOR LEARNING

BASELINE CONFIDENCE CHECKER



BEFORE THE LEARNING	1	2	3	4	5	6	7	8	9	10
	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
I regularly give other people compliments and try to be kind to others										
I can turn a problem into an opportunity										
I can explain my strengths and explain why it is important to be aware of my own emotions										

Complete a baseline assessment of where you think you are at for this lesson
(Discussion or complete sheet)



2 Minutes



I'm not
confident at all

I'm getting
more
confidence

Confident

Very
confident

Super
confident

CHANGE
THE WORLD
BY
being
YOURSELF

NEVER
—
Apologize
— FOR BEING A —
Powerful
—
WOMAN

all
BODIES
are
BEAUTIFUL

Good
Things
take Time

PSD LAYER STYLES
Smart Object Replacement
Shapes or Font



What does each of these sayings actually mean? How can they be applied to life? Which is your favourite? Can you come up with your own positive saying?

MOTIVATIONAL SPEECH



Play video



What thinking is needed? next steps? Where are we now

What is wrong? Is it safe? can it be done?

THINKING

JUDGEMENT

WATCH THIS EVERYDAY AND CHANGE YOUR LIFE - Denzel Washington Motivational Speech 2020

Task: Pick one or two colours and answer all the related questions



What facts do I know? What else do I need to know? What do I want to know?

INFORMATION



How do I feel about this? What don't I like about this? What do I like about this?

FEELINGS



Can something be done? New ideas? What are the solutions/ suggestions?

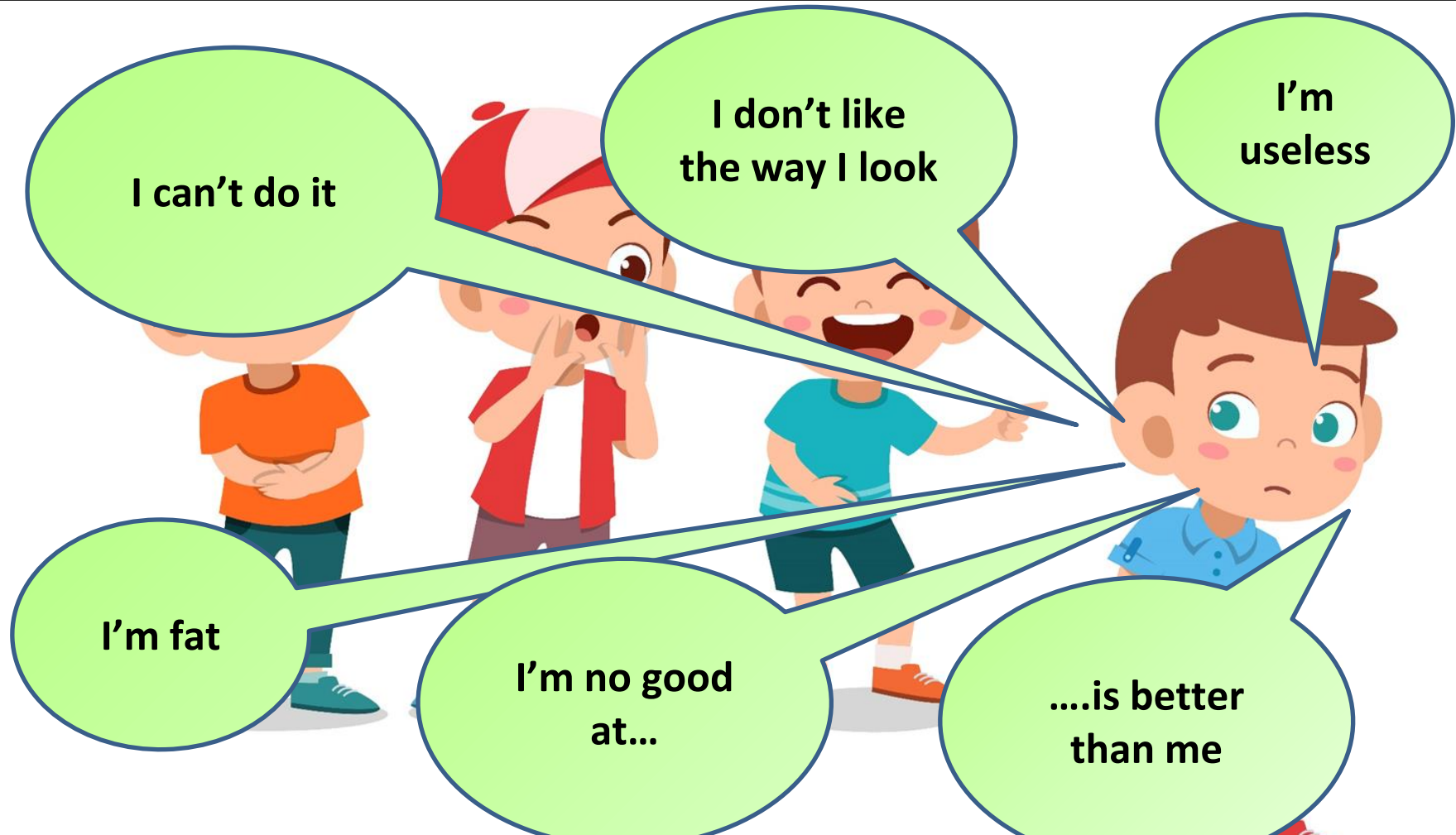
CREATIVITY



10 Minutes

THINKING
HATS

Have you ever said or thought any of these things?



Sometimes it's very easy to listen to these negative thoughts and get down. Think of your emotions as a balance – there will always be bad things, but there will be good things to counteract them too!

Keeping things in balance

POSITIVES

NEGATIVES



Sometimes it's very easy to listen to these negative thoughts and get down. Think of your emotions as a balance – there will always be bad things, but there will be good things to counteract them too!



TASK –

1. You will be given three pieces of paper
1. Write down 1 compliment about each of the three people after you in the register
1. We will then put all the compliments into a box and hand them out next lesson



Recognising the positives

With the person next to you, think of one nice thing to say about:

- Your favourite actor/singer/sportsperson
- Your experience at _____ School so far
- A friend
- Yourself



Reflection

- Did you learn anything new and positive about yourself?
- Did you find it easy to say positive things?
- Is it easier to say positive things about someone else rather than yourself?



DISCUSSION TASKS

1. What can make you feel any of these emotions?

1. If you had to pick three that you feel the most – Which would they be?





Dare to Care

**"Live a life
of kindness"**

**"Can we push back against the
darkness of competition and greed
and the need to tread on others to
get status and wealth"**

**"What if we could
be the generation
to revive kindness"**

**DO
ALL THINGS
WITH
KINDNESS**

**If you were given the
opportunity to go back in time
(Using the Dr Who's TARDIS)
would you go?**

If not, why not?

**Share your ideas with the rest
of the class.**





Discussion topics



What makes you happy?

What are you good at?

What makes you feel insecure?

What makes you unhappy?

What makes you embarrassed?

Make up a discussion topic

Problems

Don't get
into
university

Lose your
job

Split up
with your
girlfriend

You need
to visit the
dentist

You have
to move
school

Your house
is burgled

Lose your
mobile
phone

Fail an
exam

Best
friend
moves to a
different
country

Have an
accident
and are in
bed for a
month

Parents get
divorced

Somebody
close to
you dies

"Every problem presents itself with an opportunity"

Activity- can you find any opportunities in these problems - Click To remove it)

You can no
longer get
a lift to
school
anymore

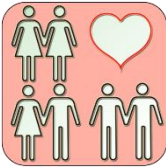
Your
parents
stop giving
you pocket
money

You get an
after
school
detention

You are
getting
bullied

Split up
with your
boyfriend

You cant
afford the
latest
designer
clothes



“The news is full of hate, sadness, corruption and war I just don’t see kindness around anymore”

Talking points

I think that ...
 I don’t think... is right because...
 My opinion is...
 I would argue the same because...
 I disagree with... because
 Building on what
 An alternate way of looking at this is...
 I sort of agree, however....
 In my view...
 I would challenge what... said because ...

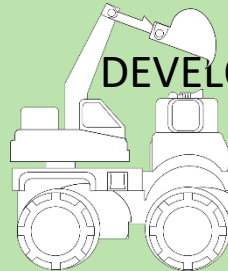
AGREE



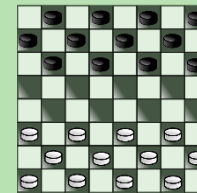
DISAGREE



DEVELOP



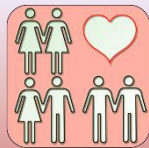
CHALLENGE



ALTERNATE IDEA



LEARNING OUTCOMES



STOP!



Let us review our learning outcomes for this lesson
Knowledge, Skills & Actions

PAIR & SHARE

ASSESSMENT
FOR LEARNING

Confidence Checker



AFTER THE LEARNING	1	2	3	4	5	6	7	8	9	10
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I regularly give other people compliments and try to be kind to others										
I can turn a problem into an opportunity										
I can explain my strengths and explain why it is important to be aware of my own emotions										



Complete the confidence checker of where you think you are at for this lesson (Discussion or complete sheet)



3 Minutes



I'm not confident at all



I'm getting more confidence



Confident



Very confident



Super confident

IMPORTANT
INFORMATION

SEEKING SUPPORT

Enjoy the lesson, Challenge
your perceptions and
understand how to seek
further advice and support

IMPORTANT
INFORMATION

FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT
WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS OR HEAD OF YEAR,
TRUSTED ADULT OR FRIEND IF YOU HAVE ANY CONCERNS ABOUT
YOURSELF OR SOMEONE YOU KNOW - IT IS ALWAYS IMPORTANT TO TELL SOMEONE!

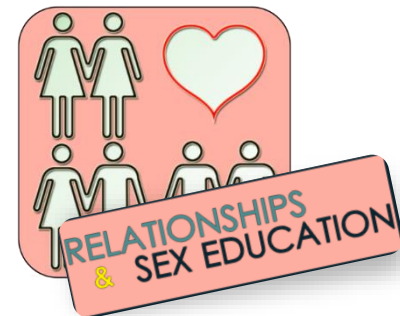
SUBMIT ANNONYMOUS QUESTION TO <https://riseabove.org.uk/wall/>

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- ☐
- ☐
- ☐
- ☐

Reflection

- Did you learn anything new and positive about yourself?
- Did you find it easy to say positive things?
- Is it easier to say positive things about someone else rather than yourself?



2 Minutes

SIGNPOSTING
SUPPORT

HELP & SUPPORT
SERVICES

FURTHER
INFORMATION

REFLECTION PLENARY

I know if I need further support or help I could speak to.... or contact...

Before I could/would say and do ... but now I feel I am able to say

Before I only knew ... now I also know ...

I supported others by...

One thing I didn't realise was... now I know that...

The key words for this lesson are...

I always knew ... but now I can see how it connects to...

The most important thing I have learnt today is...

I'm really proud of the way I have...

I used to feel ... but I now feel ..

I would like to learn...

A question I would like to ask is...

Before I thought that ... but now I realise..

One assumption of mine that was challenged

Today I have tried to...

Next lesson I would like to..

Before I would have done...
Now I will ...

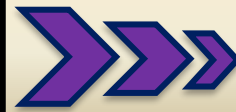
Before I would have said ... but now I will say...

A problem I overcame today was...

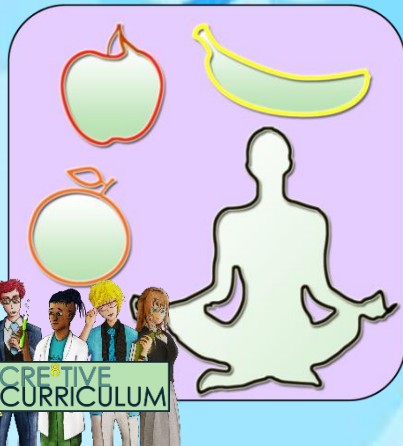
2 Minutes



REFER TO MINDFULNESS



POWERPOINT



Time for a little
something extra?

?? Minutes

