



Learning Intention: To be able to think about other people's feelings

Context: Good relationships

Key Words: relationships, kindness, sweetness, comfortable, safe

QUOTATION/THEME FOR THE WEEK

TREAT OTHERS AS YOU WOULD LIKE TO BE TREATED YOURSELF

Discuss what this means and why it is important.

SILENT SITTING

Step 1: Firstly, sit in a comfortable position on your chairs, or cross legged on the floor. Make sure your back is straight and head is upright. Take a deep breath and relax as you breathe out.

Take another deep breath ... and another ...

Step 5: (Play some music)

Listen to the music ...

Remember your first day at school and how you felt ...

What made you feel better?

Breathe in feelings of love and safety

Breathe out anything that makes you feel uncomfortable ...

Step 6: Now bring your attention back to the classroom, open your eyes and stretch, as the exercise has finished. Smile at the person next to you.

How do you feel?

ALTERNATIVE EXERCISE

Step 1: Firstly, sit in a comfortable position on your chairs, or cross legged on the floor. Make sure your back is straight and head is upright. Take a deep breath and relax as you breathe out.

Take another deep breath ... and another ...

Step 5: Think, I will keep myself happy by being kind and caring to my friends and to other children too.

Step 6: Now bring your attention back to the classroom, open your eyes and stretch, as the exercise has finished. Smile at the person next to you.

How do you feel?

STORY TELLING

THE NEW BOY

by Trudy Rood

“Good morning everybody. This is Kurt.”

With these words, the Head teacher announced the arrival of a new boy in the classroom. “I hope you will look after him very well.” She looked at the children, smiled and disappeared.

Their teacher asked, “Who would like to help Kurt? He will need help with a lot of things.”

All the children put up their hands. The teacher was pleased. She knew her group would be helpful, although some children would need more time than others.



Kurt was still waiting next to his mother. He felt very scared. He didn't know any of the children. He didn't know his teacher, although he thought she looked very nice. His mother assured him that everything would be fine. He stepped towards the teacher and some of the children in his new class came forward to greet him.

A boy called Lewis, at the front of the little group, came towards him. “Come, I'll help you,” he said, leading Kurt back to his place and making a space for him. Kurt felt very happy inside. He knew he already had made one friend.

The teacher called out the names of the children. Kurt listened to the peaceful tone in her voice. “I like her,” he thought.

Another boy called Gary put his hand up. “He can sit next to me, Miss.”

“Thank you, Gary. Perhaps this afternoon,” replied their teacher.

“I think this will be a nice class,” Kurt thought.

They started with Maths. It was not difficult. While he was looking for a rubber, Farah, who was sitting opposite him, gave him one from the pencil pot on the table. She was too shy to say anything, but just gave the rubber.

Another girl, who was sitting at the next table group whispered, “The pencil sharpener is on the window sill, next to the dustbin.”

“What are you doing, Rebecca?” the teacher asked.

“I’m telling Kurt where the pencil sharpener is, Miss.”

The teacher smiled, “That’s all right, Rebecca,” she said.

At playtime Kurt did not feel alone for one moment. Many children spoke to him and they asked him to play with them. He had a nice day and felt very happy when he went home.

The next day, his mother took him into the classroom. She looked at the teacher and then at her son. The teacher saw that Kurt hesitated before going into the classroom. She gently spoke to him, and called Lewis and Gary over to come and help him. To her surprise many more boys and girls stood up and wanted to help.

“You can come and sit with me, Kurt,” Lee said.

“Yes, or with me,” other children added.

Kurt took a deep breath and felt better. He smiled at his mother, kissed her goodbye and went with Lee to sit on the carpet.

“Well done,” the teacher said with a smile on her face. “I’m very happy to have such a nice, helpful class, full of caring people. Let’s start with the register. Saba ...”

“Yes, Miss.”

“Dale ”

And the class started with the normal routine of the day.

QUESTIONS:

- 1 How did you feel when you heard the story?
- 2 Did the story remind you of anything in your own life?
- 3 How did you feel when you heard it?
- 4 How did the new boy feel when he entered the classroom?
- 5 How did the children react when the teacher asked, “Who would like to help Kurt?”
- 6 What did Lewis do?
- 7 And Farah?
- 8 How can you help even when you are very shy or don’t really know what to say?
- 9 Mention ways how you can help a new child in your classroom.

GROUP SINGING

A LITTLE LOVE

(music by Stuart Jones, lyrics by Sara John)

A little love makes your heart grow each day.
Sweetness of thoughts gives more love in every way.
Just fill your mind with thoughts so kind,
And you will feel the difference as you start to unwind.

A little peace makes your heart grow each day.
Sweetness of thoughts gives more peace in every way.
Just fill your mind with thoughts so kind,
And you will feel the difference as you start to unwind.

A little joy makes your heart grow each day.
Sweetness of thoughts gives more joy in every way.
Just fill your mind with thoughts so kind,
And you will feel the difference as you start to unwind.

(Repeat first verse)

You will feel the difference
as you start to unwind.

GROUP ACTIVITY

1 **Role play** - a new child at school and children responding to that child

2 **Draw around your hand.**

Write on each finger and thumb how you can help a new child.
Decorate your hand with colouring pencils, crayons, chalk or paint.

Close the lesson: If the teacher wishes, the lesson can be closed by asking the children to form a circle and say to the child on either side, *“I can think about how other people feel. We can all be friends.”*

Extension Exercise / Links to Other Subjects:

The children are invited to design a welcome leaflet for new pupils.
Discuss what information they would need to include in order to make the newcomer feel safe.