



Cambridgeshire Primary Personal Development Programme

Myself and My Relationships 16 FF 5/6 Family and Friends

SPRING 1

YEAR 5

FAMILY AND FRIENDS



1. **PSHE** is a subject that, in school, involves a lot of discussion and sharing of ideas. If you are able to chat about the questions in each lesson with someone at home, then that's great! If not, make notes and lists and we can share some ideas during Zoom calls.
2. We avoid using full names in discussions to protect confidentiality.

Lesson 1

L.O. Can I identify who is special to me and can I recognize how relationships change and develop?



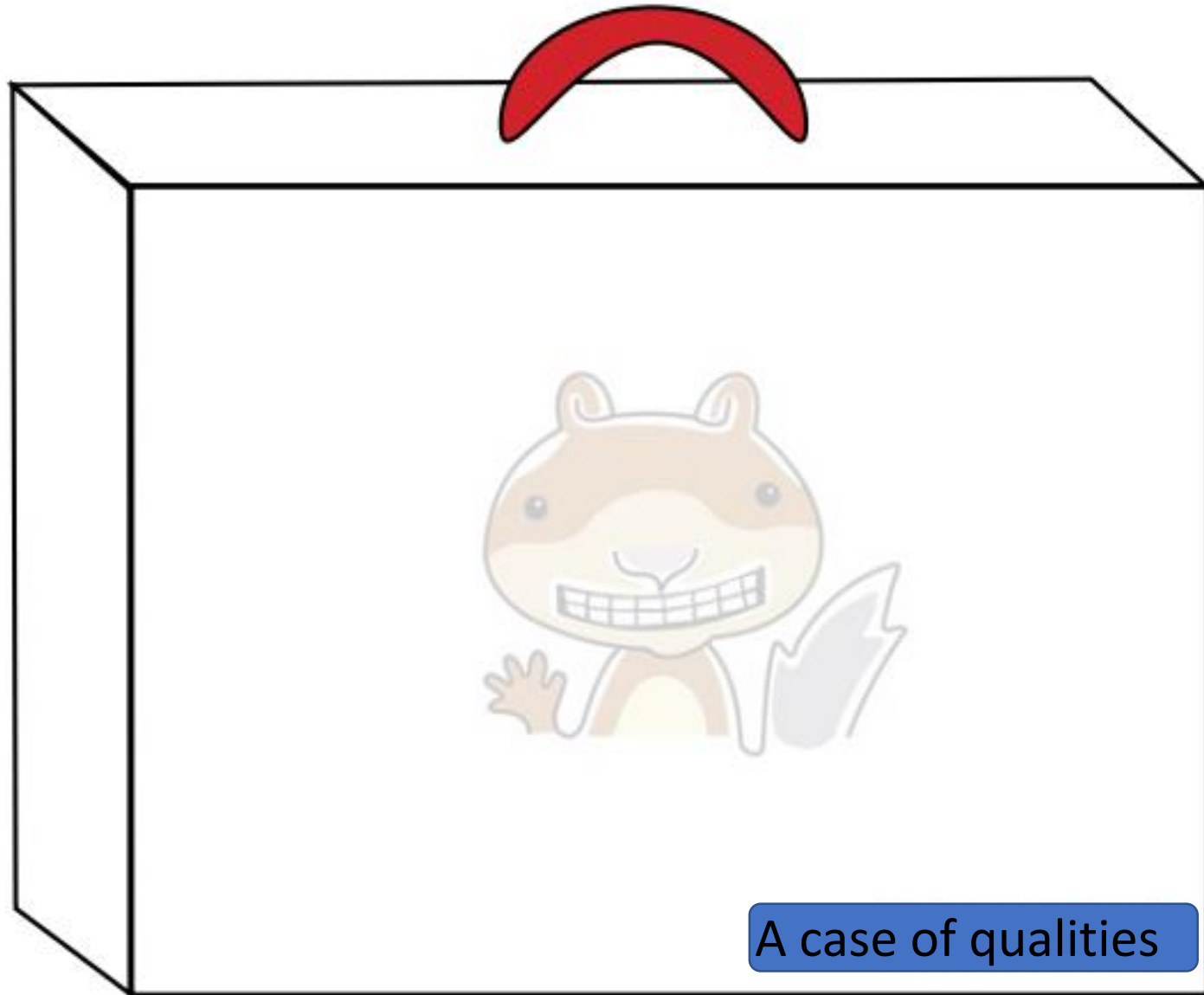
What people and relationships do you feel are important to you?



Task 1

Make a list of people who are important to you.

(They might be people who you live with, extended family members who live at a different address, classmates or even your childminder).



Task 2 Consider the qualities these people have and put them in this briefcase.

Task 3 Write a paragraph about one or two people from your list about their qualities and the relationship you have with them. Has it changed over time?

Lesson 2

Can I consider how we develop ways of beginning new friendships and maintaining existing ones during times of change?



Talk task

How did you meet some of your friends?

How did that friendship start? Can you remember?

How do we keep our friendship alive?

Task 2

Written task

Think of a friend (it does not have to be someone in your class) and list 3 differences between you and that person. Here's an example:



- Chatty and outgoing. I'm quiet and shy
- Loves reading graphic novels. I like ordinary novels.
- Love music and plays the piano. I'm still exploring and appreciate having artists recommended.



- Mature, thoughtful and kind. I admire his ease with people.
- Sensitive and can 'read' my mind. I'm not as insightful.
- Great at cricket and has taught me a few skills. I have poor hand coordination, but he is supportive.

What advantages are there to having differences between yourself and your friends?

Make a list of these advantages.



Lesson 3

Can I show my understanding of how to recognize and value differences between individuals, and how difference can be a positive aspect of their friendships?

Your friend's granny lives with them and is deaf.

You are offered sushi (raw fish) and you don't like fish.

Your friend's sister is in a wheelchair and she wants to play with you both.

Your friend says you can both go to the park without asking an adult. It is starting to get dark outside.

You go to your friend's for tea on Friday and the family say grace before you start the meal.

Your friend suggests you watch a DVD (which has a 12 rating). You are not usually allowed to watch 12 rated films.

Your friend's house is much noisier than yours - he/she has lots of brothers and sisters, aunts, uncles and cousins come in and out, the baby often cries and their dog barks a lot.

Your friend lives in an old house where there is no heating. You always feel cold when you visit.

Think of children in your class or in your year group.

Read the statements on the sheet and tick any boxes you can that matches something about them.

What have you found out?

We can find things in common with many children in the class.

Learning:

- identify similarities and differences between myself and others in the class
- recognize that differences within friendships are positive
- understand that everybody's home and family situation is different

Lesson 4

Can I recognize some of the pressures on relationships and how to develop strategies to manage them?

Think of a friendship as a chain linking two people.

Make lists under the headings **Things that people do that make the chain stronger** and **Things that people do that break the chain.**

What are the most common causes of friendship problems?



Remember, the same people can be in more than one chain, and that a chain could contain more than two people.

Things that people do to make the chain stronger

Things that people do to break that chain



Optional

Make a 'wordle' for your best friend.

Lesson 5

Can I explain how I can manage a healthy relationship with my friends?

Make a list of things you do to stay friends.

Starting each line with an imperative verb (bossy word).

Say sorry as soon as you realise you've done something wrong.

Ask what is wrong if they seem upset.

Give them a hug and reassure them.

Plan to meet outside of school and have fun together.

Ask for a sleepover and stay up late.

Pay them a compliment.

Task 2

Now write a recipe for friendship.

Ingredients

These are the qualities in your case.

Method

These are some ideas from your list.