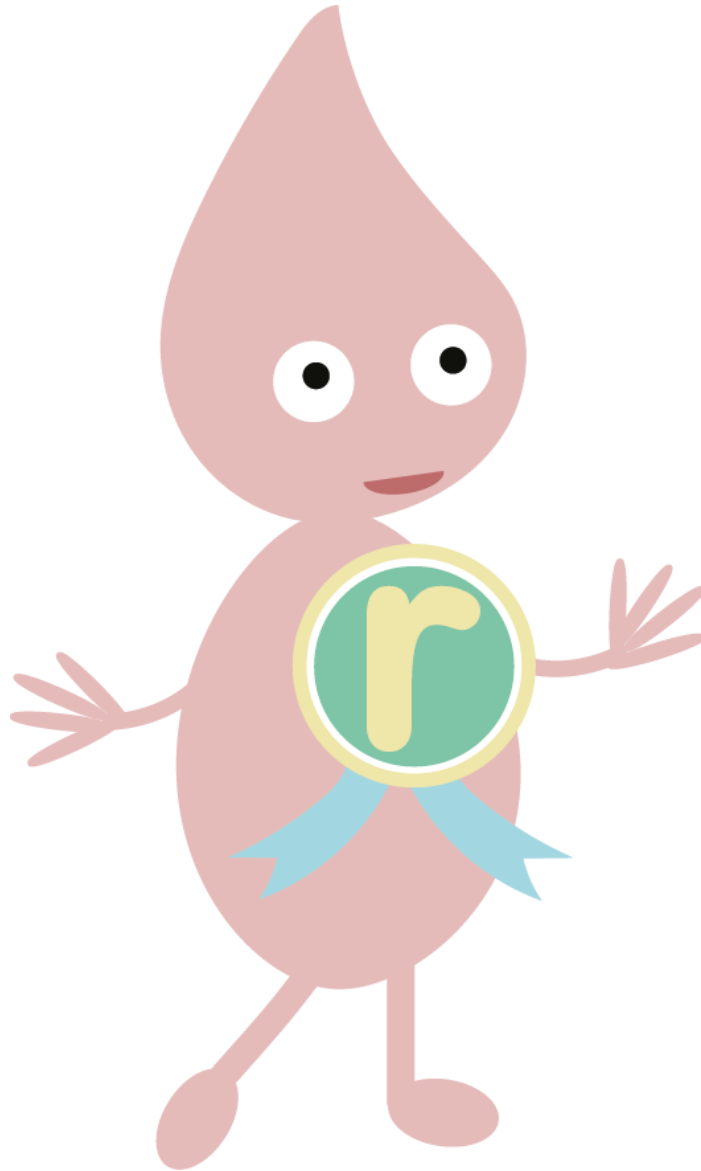




Teach Your Class: Relate

Year 1

Relate



The Relate module focusses on how you can have really good relationships with other people.

Relate - Module overview

This module is focussed on teaching children the importance of being able to relate or get along with others in order to have positive relationships.

It uses the character strengths lens to illustrate the need to be able to see other perspectives in order to build relationships.

Through lots of examples and discussion, the children learn about two key skills that will serve them well in relationship building:

Active listening - is focussed on building active listening skills to ensure that children are really understanding other points of view rather than jumping to conclusions.

Stop, Understand, Consider - this is all about taking the time to pause, and think about what someone else's point of view might be and why, before taking action.

We also link this to what they have learnt about gratitude in the previous MWO's so that they can bring the concepts together and show gratitude to others for offering different perspectives.

Extension activities and top tips

The key success criteria for Relate is to build on what the children have learnt through the character strengths work and use it as a foundation from which the children can embrace diversity.

By using an understanding of their own and other people's character strengths they are more able to see the benefit of truly understanding and leveraging the diversity of others.

Taking adequate time on the exercises in this section is really important to embed the learning. Also, please try to ensure that you call it out when you notice children actively listening or taking the time to understand another perspectives.

Key resources;

- myHappymind journals which include plenty of space for reflection via words or pictures and the Active listening checklist
- Gratitude wheel spinner

Specific notes for each Mind Workout (MWO):

MWO 1

The children will need their myHappymind journals in this session so that they can refer to previous strengths work and also make notes.

MWO 2

The children will need their myHappymind journals in this session so that they can refer to previous strengths work and also make notes. In this MWO, there is opportunity for some volunteers to talk about their strengths and how they use them to relate, you may wish to think about who you would encourage beforehand. There is also the opportunity to discuss a character in a book, you may also wish to prepare for this.

MWO 3

The children will need their myHappymind journals in this session so that they can refer to previous strengths work and also make notes. There is also a game of Chinese whispers, you may wish to prepare a starting statement!

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*"A moment of gratitude,
makes a difference to your
attitude..."*

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