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| Level | Year 7 |
| Schedule | Term 1 Week 1 |
| Value | Love as Friendliness – Getting to Know You |
| Format | 1 Period per week of 45 minutes |

Lesson 1

Silent Sitting

Sit upright with your feet on the floor. Clasp your hands loosely in your lap. Close your eyes and focus on your breath.

Breathe in, two, three, four - hold, two three four.

Out two, three, four, five, six.

Do this once then let students count silently alone and allow one minute in silence.

Now open your eyes and join the class again.

Quote:



"To have a friend you need to be a friend"

"Winning friends begins with friendliness". Dale Carnegie

Activities:

Teachers introduce each other in this manner as an example.

A. Seat students in pairs. Each student is to ask their partner four questions and record the answers.

- ♥ What is your name?
- ♥ What is your favourite sport or hobby?
- ♥ What is your favourite food?
- ♥ What is one vegetable you don't like?

Each student now introduces the other student to the class.

Song

Friends are all You Need

<https://youtu.be/6yvt4diuV9w>

https://youtu.be/EcXURC_nNhC

You got a friend in Me

B. Getting to know one's self. The Self Acronym.

Have each student write their name vertically then put a positive attribute to each letter. Students can help each other to bring these positive attributes to light or work with a friend.

N ice

A miable

M marvellous

E endearing