

Form 5 PSHE Spring Term

Week(s)	Key Questions	Possible Activities	Logistics
	<p><u>ENVIRONMENTAL AWARENESS</u></p> <p>You and Your Environment: Electricity <i>To understand the environmental impact of electricity and how behaviour can help to reduce it</i></p>	<ul style="list-style-type: none"> • Discuss why one should care for the environment • Discuss impact of electricity and how to reduce usage • Brainstorm ways to save on electricity at school – turning off lights, switching off monitors etc • Produce posters in pairs to be displayed in the classroom and around school to encourage/remind people to do their bit 	<p><i>Generating electricity has a number of different effects on environments: Power plants used to make it often use fossil fuels (non-renewable), produce “greenhouse gases”, pollute the ecosystem when discarding waste products</i></p>
	<p><u>MENTAL WELL-BEING</u></p> <p>You and Your Mental Health: Being Kind <i>To raise awareness of Mental Health and for children to think about their own well-being</i> HWB 2.01 / 2.02 / 2.08</p>	<ul style="list-style-type: none"> • Explain term “Mental Health” . Emphasise term emotions, which are very complex, and what a person appears like on the outside is not always what they are feeling on the inside. • YouTube: https://youtu.be/7CCTOvZHOKU “We all have mental health” • Discuss the term: “putting on a brave face” and whether it is always a positive thing. Discuss examples • Discuss Mr Taylor’s 3 rules of Be Kind, Be Kind, Be Kind and why might these be so important. Discuss whether they followed the rule yesterday • YouTube: https://youtu.be/8AGgblQyqR8 “Watch you Feelings” – <i>about when anger and negativity can consume us. Think positive.</i> 	<p><i>To Tie in with Children’s Mental Health Week – usually sometime in Spring</i></p> <p><i>Mental Health: “the condition regarding a person’s psychological and emotional wellbeing”.</i></p>
	<p><u>SOCIAL HEALTH</u></p> <p>You and Other People: Friends and Friendships <i>To understand that working in a group means trusting the others in the team</i> HWB 2.21a</p>	<ul style="list-style-type: none"> ▪ Do they think they work well as a team? ▪ BBC Bitesize x 2 clips: Working Together as a Team ▪ http://www.bbc.co.uk/education/clips/zsfbf9q ▪ http://www.bbc.co.uk/education/clips/z39g9j6 	<p><i>Chocolate needed</i></p>

Week(s)	Key Questions	Possible Activities	Logistics
	<p><i>To understand that jealousy can be destructive</i> HWB 2.02</p> <p><i>To identify the misconceptions surrounding gender</i> HWB 2.09</p>	<ul style="list-style-type: none"> ▪ 2 volunteers. One is blindfolded. The other must verbally direct them to a prize ▪ Discuss what makes a good team ▪ Snakes and ladders game “Do you work well in a group?” ▪ YouTube: https://www.youtube.com/watch?v=KkJshPctvZI Funny baby jealousy video – it is in our nature to be jealous. Survival of the fittest. ▪ Brainstorm things an individual can become jealous of ▪ Explain between jealousy and envy ▪ Discuss link between jealousy and bullying ▪ https://www.youtube.com/watch?v=1rcqwRgVvww Dealing with jealousy ▪ Explain that those who do not feel jealous are generous in praise of those who have done well and are quick to pay compliments. Discuss when the children last paid a compliment to someone. How easy do they find it? Some find it easier than others. ▪ https://www.bbc.co.uk/bitesize/clips/zvc3cdm Peer mediator. Sometimes we need a peer mediator to help when our feelings control our behaviour. ▪ Individually, fill in “Activity Sheet A – Male or Female” and feedback ▪ Explain the term stereotype and that the sheet is asking them to think in terms of stereotypes ▪ Read accompanying 5 statements. How they can be changed to avoid stereotyping? ▪ Same-sex groups to complete Activity Sheet B “Spot the Difference” ▪ Feedback to the class – were the boys / girls surprised at the views held by the opposite sex? ▪ https://www.youtube.com/watch?v=9R1Pf7zFHF1 – 8 yr old girl gives verdict of Tesco’s clothing 	<p><i>Jealousy in an extreme form of envy. Envy is a natural and understandable emotion, which is generally positive. Envy can turn to jealousy if one constantly thinks about other people’s possessions and achievements. It becomes destructive because we become less happy with what we have.</i></p> <p><i>Stereotypes Eg actors who always play baddies</i></p>
	<p>GLOBAL AFFAIRS You and Other Cultures: North African / Tunisian <i>To gain an awareness of the Tunisian culture</i> HWB 2.34</p>	<ul style="list-style-type: none"> ▪ Discuss why learning about other cultures is important ▪ PowerPoint on Tunisia (Staff Area> PSHE Tutor Sessions> Resources> Spring>Form 5> Tunisia Culture ▪ Design a poster to highlight Tunisia’s culture 	

