

PSHE

Week 5; How to give and receive compliments

- Have you ever had a first impression of someone and then changed your mind after you've got to know them?
- **Calm me...** sit up straight and close your eyes, think of your happy place. Remember to breathe like you've been practising at school during PSHE...
Breathe in through your nose and blow out through your mouth about ten times.
- **Read Fact Box 1** about Asha. Write down your first impressions of her and if you would want to be her friend if you knew about her.
- **Now read Fact Box 2**
- **Write down your answers to the following...**
Have you still got the same thoughts about Asha?
What influenced you to make those first impressions?
Would you be her friend just based on the information you have?
How might you treat her if this was all the information you had about her?
Is this fair?
Do the opinions we have of ourselves matter if other people judge us anyway?



Fact Box 1: My name is Asha. I have been in trouble at school because I hit another girl. The school told Mum and Dad I was in trouble for bullying and they grounded me. I didn't care because I don't get along with other children and would rather spend time by myself anyway. I hate school.

What are your first thoughts (impressions) about me? Would you want to be my friend if you knew this about me?

Asha Fact Box 2: Here are some things that you didn't know about me...

I did hit another girl at school but only because I had enough of her spreading rumours about me that weren't true. She even did it on the internet. I was wrong to hit her but I was so frustrated it sort of happened. I feel really bad about it and it only happened once. She lied. I didn't explain myself very well to the teachers and I should have said that she was bullying me, but I just wanted her to stop, so I let her get away with it.

I don't like school or other children because I always seem to get picked on or bullied. I find reading difficult and some children find it funny and make fun. My parents have been in the army ever since I was a baby so we have moved house a lot. I have been to 8 different schools and lived in 3 different countries. Just when I think I have made a friend and I am starting to get better at reading we have to move so I find it difficult to settle. It hurts me to think I don't have best friends like other children do.