

Monday 25th January PSHE Task

Healthy vs Unhealthy Friendships

Last lesson we looked at what we thought makes a good friend and created friendship recipes. Today we will look at how to recognise a healthy or unhealthy relationship with our friends. We need to understand what to look out for and understand that some things suggest an unhealthy friendship.

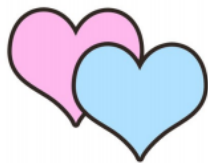
Task 1: Look at the cards on the next page. I would like you decide whether that card suggests a healthy friendship, which is a good one or an unhealthy friendship that may be bad. Please can you discuss your thoughts about each card with a grown up.

Task 2: I would like you to think about how it feels to be in a healthy, happy friendship. Can you write down how you will feel being in a happy friendship? You can annotate the gingerbread man below, or you can write the feelings on a piece of paper.

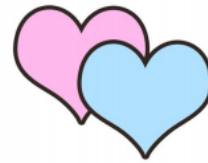
E.g I feel calm and happy when I am with my friends.



Enjoying time together



Not feeling comfortable



Feeling loved and secure



Being called names



Feeling respected



Feeling you're not good enough



Laughing together



Able to be yourself

