



Lesson plan for relationships and sex education

A helping hand

Vocabulary used and taught in this lesson:

Positive feedback, teamwork

Introduction

Circle Time – All children sit in a circle. Set up the ground rules in your usual way, e.g. one person speaks at a time, pass an object and only speak when holding it etc.

Explain that we are going to think about giving support to others and feedback which is helpful. You may need to give an example of each.

Begin with this starter “ I gave support to..... when..... ” and then go around the circle.

“I got feedback when

“It felt good because

“I didn’t like it because

Ask how can we give feedback which is helpful and kind? Take some answers.

Activity

Set up a simple obstacle course, children work in pairs to go around it. One wears a blindfold and the other helps the blindfolded one to navigate the course safely. They then swap over.

Plenary

Whole class discussion:

- What was supportive?
- What helped?
- What didn’t help?
- How did the blindfolded person feel?
- How might you do it differently if you did it again?

Learning outcomes:

Children will be able to:

- Demonstrate simple ways of giving positive feedback to others.