

LESSON 8 - WORKING TOGETHER

Social and Emotional Competency: Social-Awareness

Learning Intent:

- Learn important skills to maintain friendships
- The importance of communicating effectively
- Learn how to win and lose gracefully
- Recognise the importance of being honest
- Learn that friendships have ups and downs and what to do when friendships get out of balance
- Identify the difference between problems in their control and problems out of their control
- Learn effective coping skills when faced with a problem



Lesson Eight

Friendships can be tricky things for young children to learn and understand. Some friendships can remain tricky well into adulthood! People can be complex and changeable at times; it's no wonder that our children can sometimes feel confused and challenged by the dynamics of their friendships.

Lesson 8 teaches important skills to maintain friendships. Students will learn how friendships work and that sometimes relationships can get out of balance when friends may not feel the same way. Students will learn that friendships work best when both people are balanced in the way they deal with each other. Lesson 8 teaches strategies to deal with a friendship that is out of balance.

The lesson will begin with learning how to win and lose gracefully. The children will be taught that the best way to think of winning and losing games is to play to win friendship. Students will practice what to say and what to do following a win or a loss. They will also look closely at the importance of being honest and how honesty builds trust which is the foundation for a strong and healthy relationship. Students will also learn about the things we can control and the things we can't control in our relationships. From the people in our environment to the problems we face each day.

Home Activities to Encourage Discussion about the Concepts in Lesson 8

1. Share photos of friends you had at various stages of your life. Discuss the ups and downs of your friendships and why you are still friends with some people and why you may not be friends with others. Talk to your child about what you think makes a good friend.

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2. Practice Graceful Winning. In the same way you would talk to your children about how they should react when they lose, you should also talk about appropriate ways to react when they win. Practising winning gracefully will also help your child become better at processing their emotions when they lose a game because both scenarios require using emotional control which is an important executive functioning skill.

3. Provide your child with opportunities to lose. It may be tempting to let your child win at games but it is important to provide opportunities to lose gracefully. When he genuinely wins, model how to lose gracefully and when he loses, guide him through losing gracefully by encouraging him to be a good sport.