

Lesson 4: Who looks after me?

WE ARE LEARNING TO: Show appreciation for the people who look after us.

BORIS ASKS: Can the children think of someone who looks after them?
Can the children describe how being looked after makes them feel?
Can the children suggest ways to show their appreciation?

RESOURCES: Card to make thank you cards

During circle time or in small groups, ask the children to think about a person who looks after them. Explain that it could be someone in their family, someone at school or a friend/neighbour. Share some of their answers.

Ask the children:

- How does that person look after you? (e.g. make me dinner, takes me to school, helps me in class, etc.).
- What could happen if that person did not look after you?
- How does it feel to be looked after?

People who look after us often do it without asking for anything in return but it is very HeartSmart to find ways to show appreciation. Ask the children to think about ways they can show their gratitude for what another person does for them (saying thanks, hug, doing something in return, thank you card, gift).

Ask the children to make a thank you card for someone who looks after them.

Being HeartSmart means recognising that we can't do everything by ourselves. We need other people to help and support us. We honour that person when we appreciate what they have done.



R&HE

F1. that families are important for children growing up because they can give love, security and stability.

F2. the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.

F4. that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.

PSHE

H13. about people who look after them, their family networks, who to go to if they are worried and how to attract their attention

HERE ARE SOME WAYS IN WHICH THIS RELATES TO THE CURRICULUM:

BIBLE REFERENCE

I have not stopped giving thanks to God for you. I remember you in my prayers. Ephesians 1:16

SMSC

The social development of pupils is shown by their:

- willingness to participate in a variety of communities and social settings, including by volunteering, cooperating well with others and being able to resolve conflicts effectively

SIAMS

Strand 4: Community and Living Well Together