



# OUTLINE FOR LESSONS

## WHAT IS IN THIS RESOURCE?

### DIGITAL DOWNLOAD PACK

#### **For each lesson there is a:**

- Comic book;
- Audio book;
- Lesson plan;
- PowerPoint presentation – There are detailed notes for each slide to help guide you through the lesson. Please refer to these whilst looking at the lesson overviews.
- Puzzle pieces (lesson 2) – We have provided a variety of puzzles for different class sizes. We hope there is one to suit your class size.

#### **Resources that cover both lessons:**

- Link to an interactive website:  
<https://jointherez.com/phone/lock-screen>
- Images of the characters;
- EAL topic word sheet to translate;
- A teaching guide.

#### **Resources for parents**

- There is an informative website where parents/guardians and other interested adults can learn more about *The REZ*.  
<https://jointherez.com/crumblies/>
- There is a dedicated Youtube channel where the audiobooks can be listened to:  
<https://www.youtube.com/channel/UC46XBuQW0ep-LuquHUFOacq>

#### **You will need to provide:**

- A question/kindness box. A question box is a physical box of any size or shape (a covered photocopy box with a small rectangular opening in the top is perfect). The idea is that having such a box easily accessible in the classroom provides every child with the opportunity to ask any questions or share anything that is troubling them. It provides the opportunity to share their thoughts/questions/ concerns privately and/or anonymously. Using a Question Box reduces the risk of children making disclosures in an open forum and allows the adult to have time to prepare responses to any sensitive questions in an appropriate way.
- Paper for the children to write on;
- Pencils/pens;
- Scissors;
- A working internet connection and interactive wipe board.

The theme of kindness is part of caring friendships in the statutory Relationships and Sex Education Guidance published by the Department for Education. This will be helpful for teachers looking to support their teaching of the characteristics of caring friendships. By the end of primary school, pupils should know:

- how important friendships are in making us feel happy and secure, and how people choose and make friends.
- the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.
- that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right,
- how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.

See page 21 of Relationships and Sex Education Guidance published by the Department for Education



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# HOW TO USE THIS RESOURCE

These lessons have been designed to be flexible and we hope you will feel free to use them as best suits your group of children. You could use them in the following ways:

- As part of your PSHE yearly plan in a specific lesson time;
- If a particular issue regarding kindness arises;
- During transition into a new year group/phase of schooling/school/preparation for a move to a new school;
- Broken into smaller chunks e.g. listening to the audiobooks as part of your dedicated story time.

We hope that through using these resources, there will be encouraging behavioural change at home, school and in the wider community

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## LESSON 1

### THE IMPORTANCE OF KINDNESS AND ITS CONTRIBUTION TO GOOD MENTAL HEALTH.

This is the first of two upper KS2 lessons written for Years 5 or 6 exploring kindness and its contribution to good mental health based on a sci-fi adventure called *The REZ* (see below for more details). This first lesson builds on learning from KS1 & lower KS2 about identifying different feelings & emotions and shifts the focus to how what we choose to say and do impacts the mental health of ourselves and others. These lessons are designed to form part of a planned developmental PSHE curriculum.

*The REZ* is a sci-fi adventure told through a podcast, a comic book and a game-based website designed to provide young people with useful resources to help prepare them for the transition from primary to secondary school. Containing pro-social and emotional well-being messaging about friendships and kindness, it is informed by the latest research from University of Sussex psychologists and social workers and designed

to help young people prepare to negotiate emotional difficulties and stresses which they might face in young adulthood.

‘Kindness is a type of behaviour marked by acts of generosity, consideration, or concern for others, without expecting praise or reward.’

(Wikipedia)



## OUTLINE FOR LESSONS

### **PSHE learning objectives**

- **H18.** About everyday things that affect feelings and the importance of expressing feelings;
- **H19.** A varied vocabulary to use when talking about feelings; about how to express feelings in different ways.

### **Spoken language learning objectives**

- To listen and respond appropriately to adults and their peers;
- To articulate and justify answers, arguments and opinions;
- To consider and evaluate different viewpoints, attending to and building on the contributions of others.

### **Overall learning objective**

- Pupils will learn about kindness, what it means and how they can be kind to themselves and others in daily life.
- About everyday things that affect feelings and the importance of expressing feelings.
- How important it is to have a varied vocabulary which can be used when talking about feelings.
- To listen and respond appropriately to whoever is talking.
- To articulate and justify answers, arguments and opinions whilst respecting others.
- About everyday things that affect feelings and the importance of expressing feelings. That it is important to keep mentally healthy just like keeping physically healthy.
- How important it is to have a varied vocabulary which can be used when talking about feelings.
- To articulate and justify answers, arguments and opinions whilst respecting others.

### **Learning outcomes**

By the end of the lesson, pupils will be able to:

- Increasingly see and understand what kindness is and understand the value of kindness;
- Have ideas about how to appropriately express this to themselves and others in daily life.

### **Climate for learning**

Before teaching these lessons, please ensure that you read the accompanying PSHE association mental health and emotional wellbeing for guidance on establishing ground rules, the limits of confidentiality, handling questions and additional advice relating to teaching about mental health effectively and safely which can be found [here](#). Please see further suggested sources for support in the teacher support pack.

### **Key words**

kind, kindness, patience, considerate, thoughtful, empathy, acceptance, authenticity, courage, love, encouragement, emotions, mental health, self-reflection, self-awareness, team work, listening, honesty, appearance, helpful, communication and consequences. Please see the topic word sheet that may be of use for children with EAL (as well as other individuals) to help prepare for the new language they will encounter.

### **Resources required**

Connection to the internet; board to display a PowerPoint; PowerPoint; printed off pictures of *The REZ* characters; question box; EAL topic word sheet to translate; A4 piece of paper for each child and pen/pencil.



Supports United Nations Sustainable Development Goals #3 and #4



## OUTLINE FOR LESSONS

### LESSON 1 OVERVIEW

Activity	Description	Timing (mins.)
1. Baseline assessment	Pupils to write/draw what kindness means to them and why.	10–15
2. Introduction	Introduce pupils to the characters from <i>The REZ</i> .	5–10
3. Listening to episode one of <i>The REZ</i>	Whole class to listen to episode one of <i>The REZ</i> which is found by following <a href="#">this link</a> . They might like to have pen & paper to jot down any thoughts.	16
4. Agony Aunt – advice for characters	Pictures of Preen and/or Sav from a section of the comic to be shown on the PowerPoint showing problems they are having. Children to suggest what the problem is they can see and possible answers to particular problems/issues Preen and Sav are having and, where appropriate, explain their answers.	15
5. Introduce the <i>Kindness Box</i>	<p>Explain the purpose of the <i>Kindness Box</i>, where it will be in the classroom and how any questions, requests etc. will be dealt with.</p> <p>Encourage children to write short examples of kindness shown within the class and put them into the box to be read and bring encouragement in the weeks to come.</p>	5
6. Plenary	Pupils to consider what one strategy shared during the discussion could help them in the future to show kindness to themselves and others.	5
7. End of lesson assessment	To turn their original piece of paper from the baseline assessment over and add what they have learnt/thought about kindness and any actions they intend to take as a result of this lesson.	5
8. Extension activity	To create an interview with one of the characters from <i>The REZ</i> with themselves or another 'Pastling' focusing on kindness and the role that it plays within our 21st century lives.	–





## OUTLINE FOR LESSONS

### PSHE learning objectives

- **H15.** That mental health, just like physical health, is part of daily life; the importance of taking care of mental health;
- **H18.** About everyday things that affect feelings and the importance of expressing feelings;
- **H19.** A varied vocabulary to use when talking about feelings; about how to express feelings in different ways.

### Spoken language learning objectives

- To listen and respond appropriately to adults and their peers;
- To speak audibly and fluently with an increasing command of Standard English;
- To consider and evaluate different viewpoints, attending to and building on the contributions of others.

### Overall learning objective

- Pupils will learn about kindness, what it means and how they can be kind to themselves and others in daily life.

### Learning outcomes

By the end of the lesson, pupils will be able to:

- Increasingly see and understand what kindness is and understand the value of kindness;
- Have ideas about how to appropriately express this to themselves and others in daily life.

Pupils' vocabulary around kindness will have increased as will their ability & willingness to articulate acts of kindness they have seen.

They will increasingly understand the importance of appropriately expressing their emotions.

### Resources required

Connection to the internet; board to display a PowerPoint; PowerPoint; printed off pictures of *The REZ* characters; question box; EAL topic word sheet to translate; paper to write on and a puzzle piece from a class puzzle.



Supports United Nations Sustainable Development Goals #3 and #4



## OUTLINE FOR LESSONS

### LESSON 2 OVERVIEW

Activity	Description	Timing (mins.)
1. Introduction	Read out a couple of stories of kindness that have been shared in the <i>Kindness Box</i> . (Remember to seek permission from all parties beforehand) What makes these acts of kindness? What can we learn? Encourage children to use it as a resource for expressing their emotions including good news stories of kindness in the coming weeks.	10–15
2. Listening to episode one of <i>The REZ</i>	<ul style="list-style-type: none"><li>• Refresh class on the previous episode and the characters we have met so far.</li><li>• Whole class to listen to episode two of <i>The REZ</i> which is found by following <a href="#">this link</a>. They might like to have pen &amp; paper to jot down any thoughts.</li></ul>	25
3. Class definition of kindness	How would the children define kindness? Encourage them to look at their sheet of paper from last week. Drawing on their ideas and working with a partner, ask them to begin to write a definition of kindness. They then join with another pair to refine their definition before bringing it to the class. The aim is to come up with a class definition of kindness and agree to work towards behaving in that way. Ask the children to sign their names to it giving everyone ownership.	15
4. Plenary	The teacher describes a key word from the lesson from a bank on the PowerPoint without saying the word and the children guess what it is.	5
5. Endpoint assessment	Each child writes/draws an example of kindness they have thought about leading up to/during this lesson. These puzzle pieces can be fitted together to make a class puzzle of examples of kindness.	5–10
6. Extension activity	To create a character profile of their super hero kind self. They could list five or more superhero qualities and a unique fact. This could then be turned in to a short comic strip exemplifying an act of kindness.	–