

Aim:

R5. that people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart

R6. that a feature of positive family life is caring relationships; about the different ways in which people care for one another

R7. to recognise and respect that there are different types of family structure (including single parents, same-sex parents, step-parents, blended families, foster parents); that families of all types can give family members love, security and stability

R8. to recognise other shared characteristics of healthy family life, including commitment, care, spending time together; being there for each other in times of difficulty

R9. how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice

The Big Questions:

What does love mean? Who are the people we love?

How do people show their VIPs that they love them?

Success Criteria:

I can identify the features of positive family

I can show loving actions to other people.

I understand ways to access support if a relationship ever makes me feel unhappy or unsafe.

Key/New Words:

love, relationships, family, friends, self-love, care, commitment, committed, family life, living together, living apart, positive, car, family structure, single parents, same-sex parents, step-parents, blended families, foster parents, security, stability, time together, support, advice, help

Activity 1 Discussion



What Is Love?



Does love always make you feel the same way?

Do you ever worry about someone you love because of how much you love them?

Do you ever feel happy with someone you love because of how much you love them?

Do you ever feel sad about missing someone you love because of how much you love them?

There are many different feelings and emotions which are felt for the people we love.



Who Do I Love?

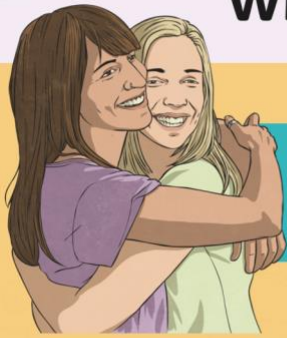


Some of us may have many friends, some of us may have a small group of close friends.

Some families have one parent, some families have two parents, some families have parents of the opposite sex, some families have parents of the same sex.



Who Do I Love?



Some people live with the person they love, other people live apart from the person they love.

Some families have step-parents, step-siblings or half-siblings.



Who Do I Love?



Some children live in foster families.

There are many different types of family structures and relationships. It is important that we recognise and respect this and know that all families and relationships can give the people in them love, security and stability.

This is love.

Who Do I Love?



Spend a few moments thinking about the people you love.

What is the key feeling that means a person loves you?

How do you treat a person you love?



Who Do I Love?



Loving relationships are ones where the people in them feel safe, secure and stable.



This doesn't mean the relationship is always easy or constantly happy.

However, it does mean that the people within the relationship know they are loved, know they are safe, know the relationship won't change and knows that the relationship makes them feel good overall.

How Can I Show Love?



How can we show others that we care for them?

We show them respect

We are friendly to them.

We make time for them.

We care for them.

We show compassion for them.

We are kind to them.

We are honest with them.

We trust them and show they can trust us.

How Can I Show Love?



How can we show others that we care for them?

We negotiate and compromise with them over differences of opinion.

We are patient with them.

We recognise they are an individual and don't have to be the same as us.

We communicate with them.

How Can I Show Love?



How can we show others that we care for them?

We commit to being their friend or VIP.

We are there for them.

We are grateful for them and the things they do.

We accept them for who they are without trying to change them.

Activity 2

Use the loving actions cards to plan what you will do to show your VIP you love them

Smile whenever you walk past them.



Hold the door open for them.



Offer to do something for them.



Pay them a compliment.



Ask them how they are and listen carefully to their answer.



Say hello whenever you see them.



Say nice things about them to other people.



Forgive them if they make a mistake.



Encourage them if they are finding something difficult.



Help them with something.



Write them a letter to tell them what you like about them.



Ask them if they'd like to play with you at lunchtime.



Tell them a joke.



Tell them something you like about them.



Say goodbye to them at the end of each day.

