How can I build positive relationships others?

**Student workbook PDHPE Stage 1**

Name:

Class:

# Overview of lessons 1 and 2

You will

* Explore and identify emotions and their effects on others (lessons 1–2).
* Identify your own strengths and how they lead to successful outcomes (lesson 2).

## Resources

### Lesson 1-2



* Help from an adult
* Lead pencil/coloured pencils or crayon
* Mirror

## Lesson 1 – Facial expressions

During this activity students will identify and explore emotions. Students:



1. Discuss with your teacher or parent/caregiver the following questions:
	* What are emotions?
	* What are facial expressions?
	* What do facial expressions do?



1. Identify the different emotions in the table on the next page.



1. In the table on the next page, draw a line to match the emotion picture with an event.

Table 1 Facial expressions

|  |  |  |
| --- | --- | --- |
| Emotions | Match the emotion | The event |
|  C:\Users\lryan53\OneDrive - NSW Department of Education\Desktop\Happy.PNGHappy |  | Family member in hospital  |
| C:\Users\lryan53\OneDrive - NSW Department of Education\Desktop\confused.PNG Confused | Getting a surprise  |
| C:\Users\lryan53\OneDrive - NSW Department of Education\Desktop\Worried.PNGWorried | Trying to answer a really hard question at school  |
|  C:\Users\lryan53\OneDrive - NSW Department of Education\Desktop\Proud.PNGProud | Pet passes away  |
|  C:\Users\lryan53\OneDrive - NSW Department of Education\Desktop\Girl surprised.PNGSurprised | Struggling to tie your shoelaces for the first time  |
|  C:\Users\lryan53\OneDrive - NSW Department of Education\Desktop\Sad.PNGSad | Your friend breaks your favourite toy  |
|  C:\Users\lryan53\OneDrive - NSW Department of Education\Desktop\frustrated.PNGFrustrated | Playing games at a birthday party  |
|  C:\Users\lryan53\OneDrive - NSW Department of Education\Desktop\Angry.PNGAngry | Win an award at school  |
| C:\Users\lryan53\OneDrive - NSW Department of Education\Desktop\Excited.PNG Excited | See a huge spider on the wall  |
|  C:\Users\lryan53\OneDrive - NSW Department of Education\Desktop\Scared.PNGScared | Going to a party  |

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**Lesson 2 – How others feel**

### Activity 1

During this activity students will identify and explore their own and other people’s emotions. Students:



1. Practice making facial expressions in the mirror to experience what others see. Expressions to be made – happy, sad, proud, angry, excited, worried. Students can use the emotion icons from Table 1 on the sheet here to assist.



1. Read *'the situation’* and practice *‘Your facial expression’* in the mirror.

Draw or  write how the person/people would feel if they saw the facial expression.

Table 2 How others feel

|  |  |  |
| --- | --- | --- |
| The situation | Your facial expression | How would these people feel when they see your facial expression? |
| Scoring the winning goal. | Excited boyExcited | My team -  |
| Getting an award at school. | Proud girlProud | My teacher - |
| Hurting my knee badly in the playground. | Sad boySad | My friends -  |
| I don’t get to play with my toy. | Angry girlAngry | My mum or dad - |

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**Lesson 2 – My strengths, my successes**

### Activity 2

In this activity students identify their own strengths and how they lead to successful outcomes. Students:



1. Discuss the question: ”What is a strength?” with your teacher or parent/caregiver:



1. Brainstorm a list of their own strengths.



1. Complete the activity below by identifying how your strengths have led to success.

Table 3 My strengths, my successes

|  |  |
| --- | --- |
| Strength  | How has your strength lead to you being successful?  |
| Example: Kicking  | Example: Enjoying playing soccer. Scoring goals in soccer  |
| Example: Reading | Example: Being able to read and understand stories. Reading stories to my friends |
|  |  |
|  |  |
|  |  |