

Year 1 - 6 Year Olds

Activity sheet: Key area 1: Self-awareness

Focus 1: We are all similar and different in some way

Name: _____

Guess who?

Guess

I have _____

I am _____

I can _____

My favourite thing to do is _____

Something unique (interesting) about me _____

Can you guess who I am? _____

Guess

I have _____

I am _____

I can _____

My favourite thing to do is _____

Something unique (interesting) about me _____

Can you guess who I am? _____

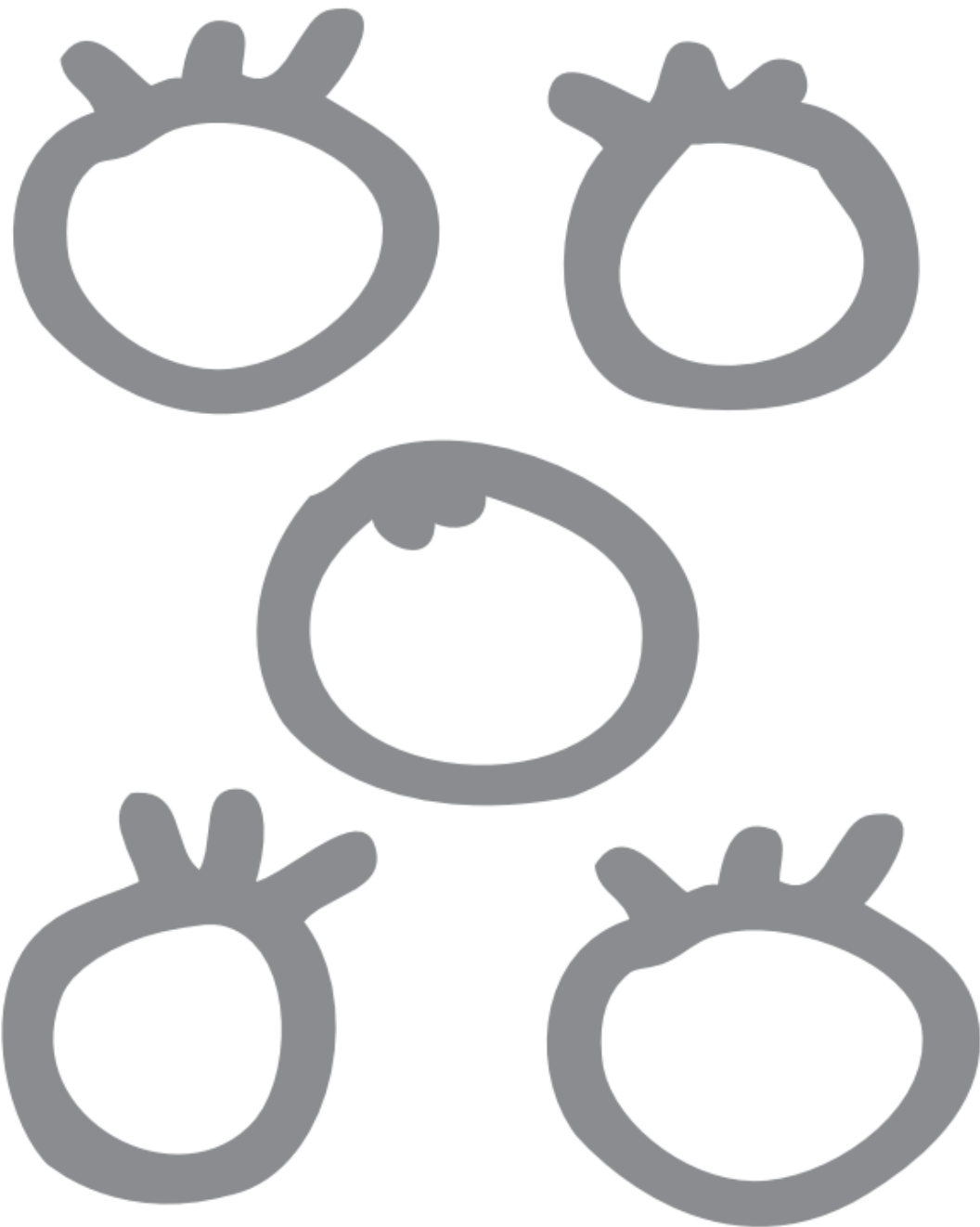


Activity sheet: Key area 1: Self-awareness

Focus 2: Experiencing different feelings

Name: _____

Empty Faces

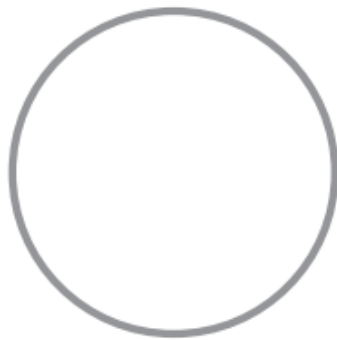


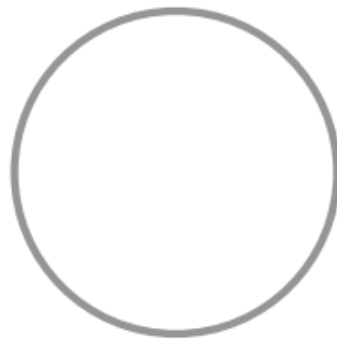
Activity sheet: Key area 1: Self-awareness

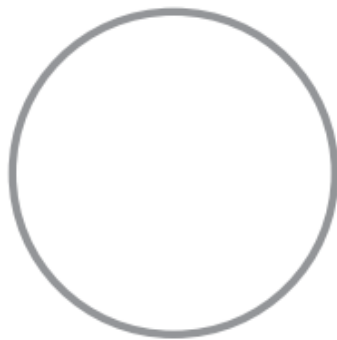
Focus 3: We all feel worried sometimes

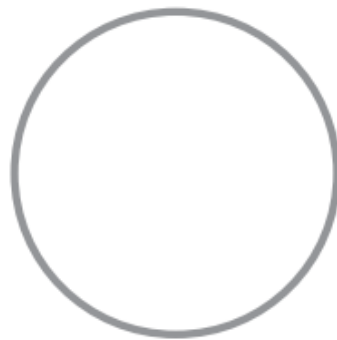
Name: _____

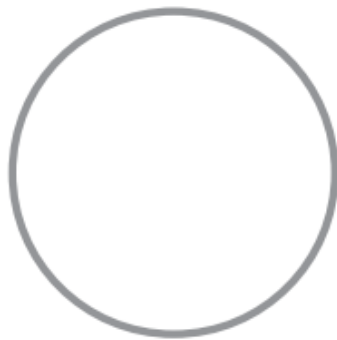
I can talk to...

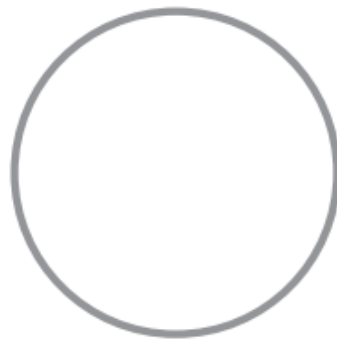












Activity sheet: Key area 2: Self-management

Focus 1: Hurt feelings

Name: _____

Saying how I feel

I feel...

say how you feel

when you...

say what the other person is doing that makes you feel this way

and what I really want is...

say what would make things better for you

Example: *I feel sad when you won't let me join in your game.
I would like to play with you to have fun too.*

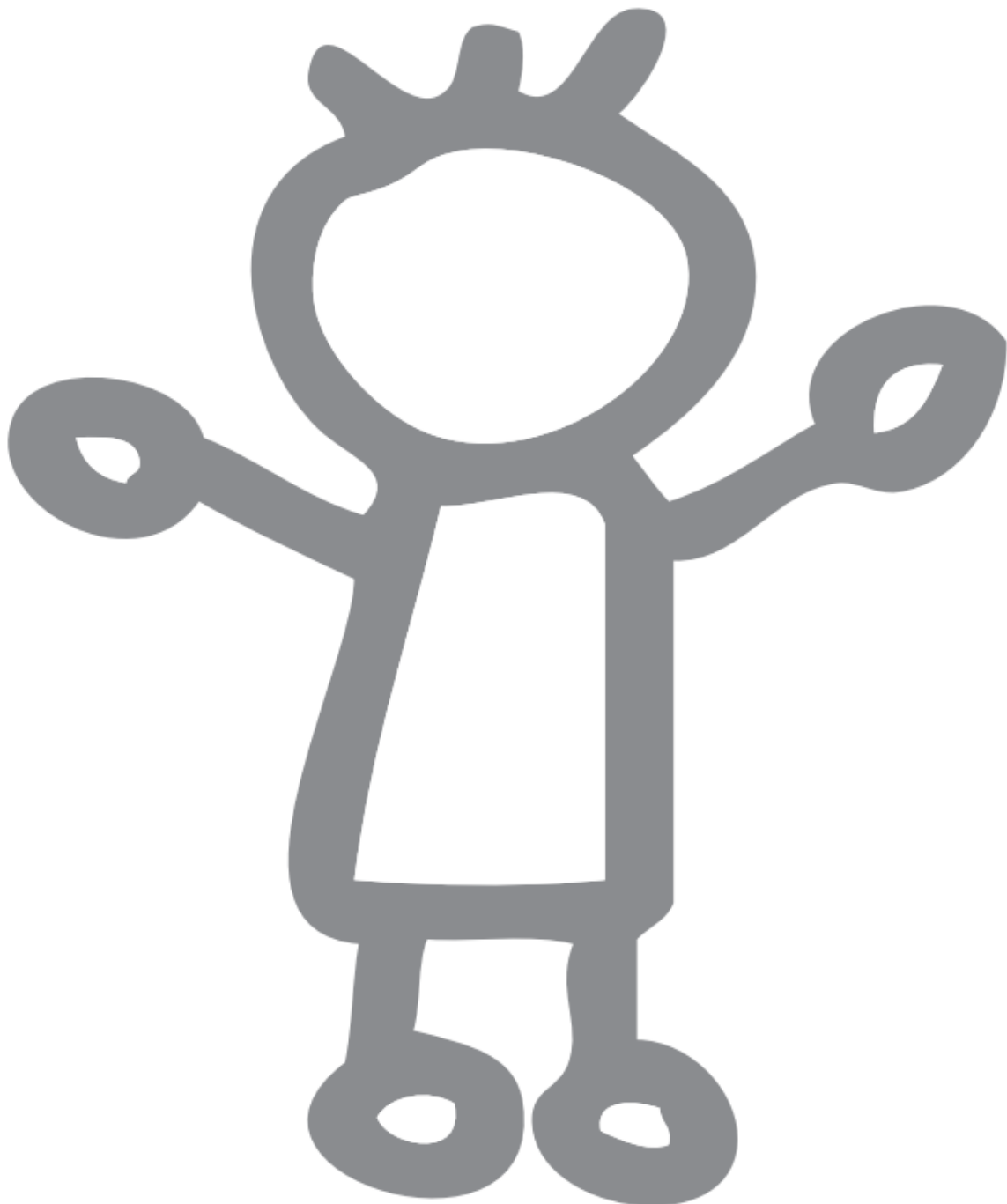


Activity sheet: Key area 2: Self-management

Focus 2: Feeling shy

Name: _____

Feelings buddy



Activity sheet: Key area 2: Self-management

Focus 3: Feeling left out and lonely

Name: _____

Saying how I feel

I feel...

say how you feel

when you...

say what the other person is doing that makes you feel this way

and what I really want is...

say what would make things better for you

Example: *I feel sad when you won't let me join in your game.
I would like to play with you to have fun too.*

Activity sheet: Key area 3: Social awareness

Focus 2: Using friendly behaviours to make friends

Name: _____

How to make a friend

Ask them their name *(if you don't know their name)*

Say 'Hi. My name is _____'

What's your name?'

Invite them to play with you.

'Come and play with me.'

'Would you like to play with me and my friends?'

Ask them about themselves.

'What school did you go to?'

'Where do you live?'

Ask them about things they like to do and talk about.

'What do you like doing?'

'What do you like playing?'

Tell them about yourself.

'I live in ...'

'I like playing ...'



Activity sheet: Key area 3: Social awareness

Focus 2: Using friendly behaviours to make friends

Name: _____

How to make a friend

A friend likes to

A friend will

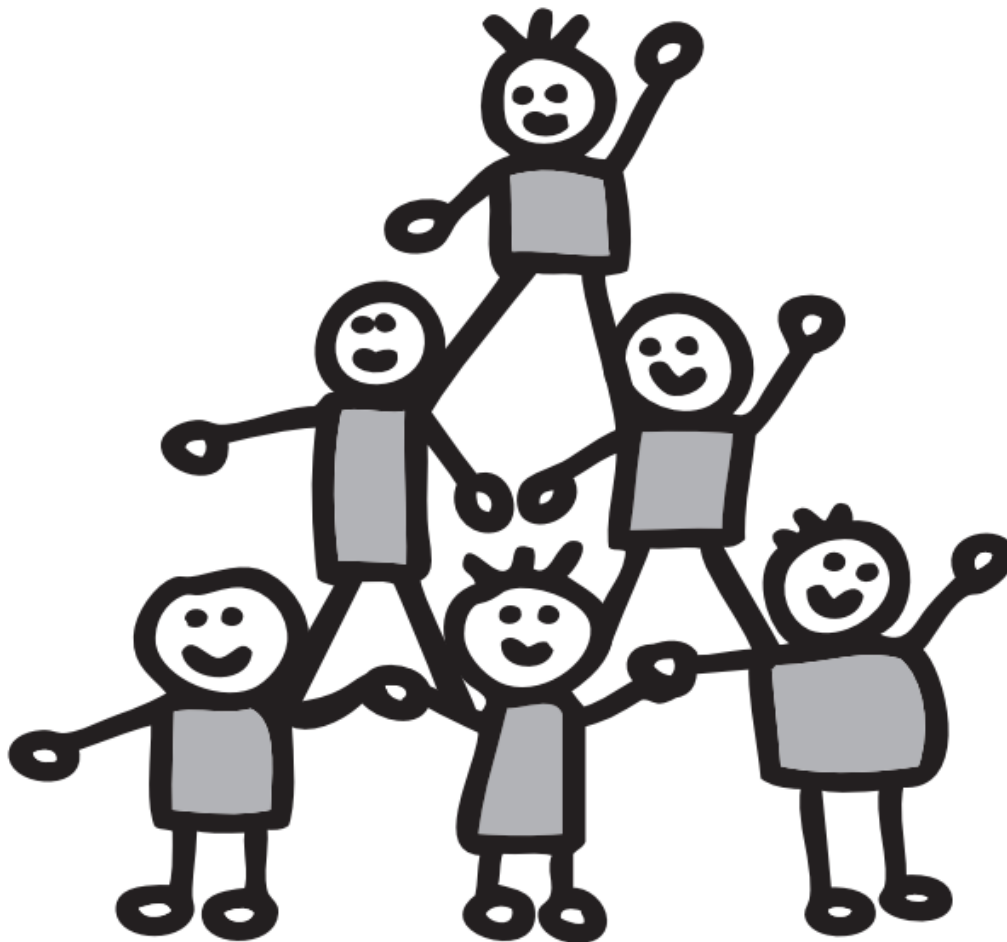
A friend can

A friend always

Resource sheet: Key area 4: Relationship skills

Focus 1: Working cooperatively

Defining teamwork



When two or more people work together toward a shared goal

Resource sheet: Key area 4: Relationship skills

Focus 1: Working cooperatively

Job cards

Collector

Recorder

Checker



Activity sheet: Key area 4: Relationship skills

Focus 2: What can I contribute?

Name: _____

Think board

A large, rounded square frame designed for a think board. It features a central rounded square box. Four lines radiate from the corners of this central box to the corners of the outer square frame, creating four triangular sections. This layout is intended for students to write their thoughts or contributions in the central box and then expand on them in the surrounding sections.



Activity sheet: Key area 5: Self-management

Focus 2: Working out ways to respond

Name: _____

Feelings buddy

