

SAYING HELLO TO NEW PEOPLE

SESSION A



LEARNING OBJECTIVES:

To be able to understand that it sometimes takes courage to say hello to new people.

Script:

“Can you think of a time when you went somewhere and did not know anyone? What about your first day at school? Have you ever been invited to a party and not known many people there? How did you feel? Did anyone speak to you?”

Suggested Resources:

Set of small mirrors for the class. Set of emotion words. Print out of before and after emotion sheet.

Suggested Activities:

Show children some emotion words on cards. Ask children to raise their hands if they have ever felt that emotion when meeting new people. Display the chosen words on the board. Hand out the mirrors to the children and ask them to show the emotions on their faces and look in the mirror to see what that emotion looks like.

Character Coaching

Meaningful Praise:

Today children, you showed that you understand how good it makes people feel when you say hello to them. It takes courage to be the person who decides to welcome new people.

Now ask the children to imagine themselves in a situation where they are new and they are feeling worried, sad, alone etc.. Ask them to now imagine that someone comes up to them with a big smile on their face and welcomes them to the room/place. Ask the children how they feel now? Which emotion cards will they choose this time? Again, pin these emotion cards to the board. Ask the children to pick up their mirrors again and show the same face as last time. Now ask the children to change the expressions on their faces to the new, happier emotion. Talk about the changes with the children. What do they see/notice?

Plenary:

Hand out the ‘before and after’ emotions sheet and ask the children to use the mirrors to look at themselves again and draw their before and after faces onto the sheets.

Guidance:

Please be courageous and say hello to someone that you don’t know in school today.

