



RELATE  
RESPECT  
CONNECT

# Healthy Harold's

## Classroom Cards



# Teacher

Thank you so much for joining us in a Life Education session.

We hope the students developed an understanding of how to be a respectful person and friend through investigating and practising strategies to resolve conflict on and offline.

Please find attached 5 activity cards. These cards will reinforce concepts learnt during the Life Education lesson. These may be done individually, as a small group, or with the whole class.

# Activity 1

## Advertisement

Create a 'Friends Wanted' advertisement.

Include all the qualities you are looking for in a friend, things people should know about you, your favourite things, and what you can offer to a friend.

Perhaps you are looking for a friend with similar interests to you, or perhaps you are looking for someone who has friendship qualities that are important to you, such as being trustworthy and a good listener.

### FRIENDS WANTED

I am looking for a friend that is honest and trustworthy, who enjoys being active (for example, playing basketball at lunchtime) but is also happy to read a book while sitting together. I want a friend who is not afraid to be silly or to disagree with me. I want a friend who will look out for me and stand up for me when someone is being unkind. I want a friend that accepts everyone has imperfections and always treats other people with kindness and compassion.

# Activity 2

## **Conflict and self-regulation toolkit**

No one is perfect all the time. All relationships experience conflict from time to time. This can lead to big emotions – jealousy, anger and guilt. How we deal with these disagreements and conflicts determines the quality of the friendship and how long it lasts. It is helpful to have a toolkit of strategies to apply in these situations when you are feeling big, tricky emotions.

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Create a class toolkit of strategies for these situations and feelings, including any strategies you learnt during your Life Education session. Perhaps you might like to share your toolkit with the rest of your school at assembly or in the school newsletter.

# Activity 3

Empathy - walk in another  
person's shoes

Empathy is vital for healthy relationships. Without it, we might jeopardize our friendships if we act without care and understanding. One way to learn empathy is to take a walk in someone else's shoes.

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Write a personal recount of a time when you were new to a group or were unsure how to complete a task.

# Activity 4

## Respect warrior research project

Everyday, across the globe there are people acting as 'respect warriors'. These people make a huge difference in the lives of others by demanding respect for themselves and or others.

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As a class, write a list of people who have defended the human rights of others. Choose one to research, focusing on the action and agency these individuals demonstrated. Share your research with the learning community and compile the class' 'Respect Warrior Profiles' into a collection.

# Activity 5

## Obstacle course

Create an obstacle course where items around your classroom are used as roadblocks – tables, chairs, etc. Each student will pair up with another student. One of you will be blindfolded, the other person will need to guide you around the obstacle course safely

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At the end of this activity, have a class discussion to consider the following questions:

1. What skills does this activity help you develop and why would these skills be important for maintaining positive relationships?
2. How did you feel about putting your trust in your partner? Explain this feeling.
3. Did you feel confident you could work together as a team and stay safe? Why/why not?

Note: Consider the safety and wellbeing of all participants