

PSHE: What brings satisfaction?

This lesson has been designed with Key Stage 2 in mind but could easily be adapted for any year group.

Lesson Variations

The lesson plan is detailed.

Suggestions have been made about how to differentiate activities for children with Special Educational Needs (SEN), children with English as an Additional Language (EAL), and children who are Gifted and Talented (G&T).

The lesson has a resource list which makes it clear which resources have been included in this pack, and those which need to be sourced at school.

PSHE – John Ruskin – Lesson 1

LO: To develop my understanding of what makes me feel satisfied

Planned by Matilda Munro for Two Temple Place, 2018

Main Teaching	Activities - Differentiation	Plenary
<p>Ruskin was an advocate for being outside and experiencing the world. He strongly believed that spending time in nature, and encouraging creative thoughts and actions, had a huge positive impact on a person's well-being. This whole lesson could happen outside, weather/space permitting.</p> <p>Q: What makes you feel happy?</p> <ul style="list-style-type: none"> - Sunny days, snow days, ice cream for pudding, holidays, family, helping other people, being forgiven, money, shopping... <p>The above are just suggestions – try to ensure your class list includes a mixture of superficial things like money, designer clothes and those which give a deeper sense of satisfaction - mastering something you've worked really hard at, trying something new for the first time, helping other people to achieve something, creating something, etc.</p> <p>Q: Is satisfaction the same as happiness?</p> <p>Collect children's ideas on what they think of when they hear the word 'satisfied' – create a class mind map. Children could discuss in partners first.</p> <p>Look back at the list of things that made the children happy – which of these also lead to a sense of satisfaction?</p> <p>Q: Is there anything else which gives you a sense of satisfaction?</p> <p>Explain main activity to the children.</p>	<p>Activity (Individual)</p> <p>Children to have some time to sit and reflect on what brings them happiness and satisfaction in their life. If desired, they could record this in some form – writing or pictures, but just sitting and thinking and reflecting is adequate. If the lesson is happening outside, children could really spread out and have some space and time just to think.</p> <p>EAL / SEN: Children to be supported by an adult as required. It is important all children have the time to reflect as individuals on what brings them happiness and satisfaction in their lives.</p> <p>Assessment</p> <p>I can identify what makes me feel happy.</p> <p>I can identify what makes me feel satisfied.</p> <p>I can begin to explain the similarities and difference between happiness and satisfaction.</p>	<p>Children could share some of their reflections at the end of the lesson – but may want to keep this private.</p> <p>RESOURCES</p>