

## Lesson 4 Remaining Positive

This lesson highlights the importance of remaining positive through uncertain times.

### PLANNING

<b>Prior Learning</b>	<p>Pupils will have a prior knowledge of:</p> <ul style="list-style-type: none"> <li>• the impact of the pandemic; and</li> <li>• their own feelings and thoughts during this period.</li> </ul>
<b>Learning Outcomes</b>	<p>Pupils will be able to:</p> <ul style="list-style-type: none"> <li>• consider how they remained hopeful during lockdown;</li> <li>• understand what helps them feel more positive; and</li> <li>• reflect on ways of being positive.</li> </ul>
<b>Thinking Skills and Personal Capabilities</b>	<p>Pupils will be able to:</p> <ul style="list-style-type: none"> <li>• make links between cause and effect; and</li> <li>• generate possible solutions (<b>Thinking Skills and Decision Making</b>).</li> </ul> <p>Pupils will be able to:</p> <ul style="list-style-type: none"> <li>• make new connections between ideas or information;</li> <li>• learn from and value other people’s ideas; and</li> <li>• challenge the routine method (<b>Being Creative</b>).</li> </ul>
<b>Attitudes and Dispositions</b>	<p>Pupils will develop:</p> <ul style="list-style-type: none"> <li>• personal responsibility;</li> <li>• optimism;</li> <li>• openness to new ideas; and</li> <li>• resourcefulness.</li> </ul>
<b>Resources</b>	<ul style="list-style-type: none"> <li>• Access to music online</li> <li>• Jar and notelets</li> <li>• Resource 1: The Road to Recovery</li> </ul>

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### SUGGESTED TEACHING AND LEARNING STRATEGIES

#### LAUNCH

Lead a class discussion using effective questioning techniques.

- Discuss this phrase: Nothing lasts forever.
- Why is positivity important?

#### Possible answers:

- Other pandemics are now gone.
- The role of vaccines will come to the fore through advances in science.
- Positivity can affect the quality of our mental health.
- Positivity lifts our mood and makes things easier to deal with.

#### DEVELOPMENT



#### ACTIVITY 1

##### The Road to Recovery

Encourage your pupils to discuss the importance of planning ahead and looking to the future.

Give your pupils a copy of **Resource 1: The Road to Recovery**. Ask them to make a plan for our road to recovery by indicating what needs to happen along the road.

Ask your pupils to suggest what we can do and measures we can take to ensure we all come through the pandemic safely.

Encourage your pupils to discuss their ideas. These may include how our government will plan for recovery and how we need to take personal responsibility for following guidelines and regulations.

Examples of measures we can take may include washing our hands regularly and following social distancing guidelines.

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### ACTIVITY 2

#### Music of Hope

Play some music on the theme of hope, for example:

- Here Comes the Sun (Nina Simone)
- Three Little Birds (Everything's Gonna be Alright) (Bob Marley)
- Hope (Natasha Bedingfield)

Ask your pupils to think of any other music that provides a message of hope.

Encourage them to discuss how the music may help us feel more uplifted.

Use the lyrics from the chosen songs to encourage a discussion about feelings of hopefulness for the future.

Encourage your pupils to suggest current music that expresses hope.

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### ACTIVITY 3

#### Letter to My Future Self

Ask your pupils to write a letter to their future selves.

Encourage them to look forward to how things will be and express ideas about what they are looking forward to. This might include the feeling of freedom when restrictions are lifted and the ability to meet your friends and wider family circle.

Keep these letters until the end of the school year, when your pupils can read them to see if anything has changed.

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### ACTIVITY 4

#### The Positivity Jar

You will need an empty jar (coffee jar or storage jar) and a notelet pad.

Ask each pupil to write positive words, comments or affirmations on a notelet.

When pupils have completed their notelet, ask them to place it in the positivity jar.

Return to the jar during the year and read some of the positive ideas aloud.

Encourage your pupils to add to the jar throughout the year when they might need some positivity or reassurance.

Some of your pupils' thoughts will be influenced by previous discussions or lessons and may include song lyrics, lines of poetry or words spoken by an inspirational person.

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### DEBRIEF

Encourage a class discussion using prompt questions such as:

- What can make us more positive?
- Why is being positive important for us?

Choose some inspirational images, music or words on which to end the lesson.

Use this time to summarise ideas that have come up and allow for a fruitful positive end to the lesson.

**(Be aware that pupils may not all be feeling positive – ensure that areas of concern are dealt with appropriately.)**

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## RESOURCE 1: THE ROAD TO RECOVERY

