

Ages	8-14
Grouping	Mixed ability
Date	--/--/----
Duration	1 hour

Valentine's Day: Family and Friendships

Lesson plan

Subjects

Health and Well-being

- Healthy relationships are fundamental to our well-being
- Our decision-making impacts on the quality of our lives and the lives of others.

Guiding question

What is Valentine's Day and why are relationships important?

Key Teaching Points

About the Concept

Valentine's Day is celebrated on the 14th February every year and it is also called Saint Valentine's Day. On Valentine's Day people greet loved ones, close friends, family members and school classmates by sending them cards called valentines. People also give chocolates, flowers and other gifts to loved ones.

Learning Outcomes:

- understand the history behind Valentine's Day;
- recognise what it means to show love, affection and gratitude;
- identify how important your relationships are.

Differentiation: through peer support and mixed-ability groupings, varied questioning techniques

- During the vocabulary and final reflection task (slides 8 and 10), pair students or put them into groups to differentiate the task for abilities. You can also encourage feedback so the students who may struggle get inspiration and more ideas from peers.
- During discussions, aim 'what' questions at learners and ask More Able for more details (such as examples of figurative language) to challenge them.
- Create a model answer and write a plan for students who need extra support with the writing activity (slide 9).

Materials

- Books, pens and pencils
- Lesson slides
- Device for research or dictionary
- Maintaining Relationships worksheet
- Act of Kindness worksheet

Progression of Learning and Teaching

Introduction: Slide 1 and 2 (5 minutes)

Introduce the title/topic and learning objects for the lesson.

Discussion: Slide 3 (5 minutes)

Start the lesson asking the pupils to discuss with their peers 'what does Valentine's Day mean to you?' to begin thinking about prior knowledge and understanding.

Information: Slide 4 (2 minutes)

Introducing Valentine's Day, share the information on the slide with the pupils to give context around the celebration.

Teaching suggestions: Students can use this time to make notes or complete a summary task based on what they have learnt so far from this slide.

Quiz: Slide 5 (5 minutes)

Reflecting on prior knowledge, make a list of the different ways we can show our creative skills.

Teaching suggestions: This can be done individually, in pairs or as a class depending on how confident the pupils are.

Discussion: Slide 6 (5 minutes)

Reflecting on their own relationships, ask students 'when was the last time you showed a family or a friend that you love them?' This can be a discussion or written answer.

Task: Slide 7 (10 minutes)

Filling in the table attached to the slide, ask students to write down what they think are important things to do, and not to do, in your relationships with families and friends. These can be gestures or words.

Teaching suggestions: Have feedback time for this task to allow students to share ideas.

Task: Slide 8 (8 minutes)

Ask students to find the definitions of the words on the slide in preparation for the next task.

Task: Slide 9 (10 minutes)

Using words from the vocabulary task and ideas from the students filled in, pupils are to write a paragraph explaining how we should treat each other and why this is important.

Teaching suggestions: If students need more help, plan three points for each as a class and then ask them to add to it by explaining why each point is important.

Discussion: Slide 10 (5 minutes)

Ask the students to take some time to self-reflect on their loved ones. Making a list of their closest family and friends, students can use the worksheet attached to set themselves targets thinking of just **one act of kindness** they are going to do for each person in the next week. This can be through words, gifts or a gesture.

Teaching suggestions: Give students time to share or allow them to work in pairs if some are struggling with ideas.

Summary: Slide 11 (5 minutes)

Recap the learning objectives with the learners and show them where they could develop their knowledge further.

ADDITIONAL LEARNING ACTIVITIES are available on slides 13-15.

Assessment Methods

- ❖ Think - pair - share
- ❖ Feedback from discussions
- ❖ Writing task
- ❖ Feedback from research task
- ❖ Letter (additional learning activities)
- ❖ Leaflet (additional learning activities)