



# Becoming a friend to yourself

## #2 Laughter

<b>Year</b>	Year 4
<b>Lesson No. &amp; Duration</b>	<b>Lesson:</b> 18 <b>Duration:</b> 47-64 minutes <b>NB. This lesson is best taught at the start of the week</b>
<b>Learning Intentions</b>	<ul style="list-style-type: none"> <li>• Students will revise the importance of forgiving yourself and speaking positively to become a friend to yourself.</li> <li>• Students will practice positive self-talk/affirmation.</li> <li>• Students will be introduced to the value of laughing, having fun and seeing the funny side of things. Students will understand the role these habits play in becoming a friend to themselves.</li> <li>• Students will reflect upon what makes them laugh and create a laughing challenge for the week ahead.</li> </ul>
<b>Preparation</b>	<p>Success in YouTube clips from Tasks 2 &amp; 5. Have these set up and ready to play.</p> <ul style="list-style-type: none"> <li>• Print '20 things to say to me more often...' worksheets (1 per student)</li> <li>• Print 'The Uncle Albert Challenge...' worksheets (1 per student)</li> </ul>
<b>Materials Required</b>	<ul style="list-style-type: none"> <li>• Internet access and data projector</li> <li>• '20 things to say to me more often...' worksheets</li> <li>• Glue</li> <li>• Me Tree Scrap books</li> <li>• 'The Uncle Albert Challenge...' worksheets</li> </ul>
<b>Lesson Structure</b>	<p><b>Task 1: (5-7 minutes) Group discussion</b></p> <ul style="list-style-type: none"> <li>• Recall that last lesson, students learnt how important it is to forgive yourself if you are going to become a friend to yourself.</li> <li>• Ask students to share if they have been able to do this more. In what situations and what did they do to forgive themselves, learn and move on?</li> <li>• Recall that in order to be a friend to ourselves, we also need to encourage ourselves and speak good things about ourselves.</li> </ul>

SAMPLE

- Recall the 'Letter to me...' exercise where students wrote themselves a letter to encourage and build themselves up. Ask students to reflect on how this felt.

**Task 2: (5 minutes) 20 Things to say more often Kid President**

- Highlight you are now going to watch a clip about the power of words.
- Play this clip:  
<https://www.youtube.com/watch?v=UI-ZteQ8JGU>

**Task 3: (10-12 minutes) Group discussion**

- Explain that Kid President gave an important message about the words we speak.
- Write on the board WORDS ARE \_\_\_\_\_
- See if students can guess the missing word. If not, play melting snowman until they guess the word 'POWERFUL'

**SAMPLE**

How to play - Draw a snowman on the board with the following features: base circle, middle circle and head circle, eyes, carrot for nose, stick for mouth, hat, scarf and twig arms. Students guess a letter. If the letter is in the blanks, write on the appropriate spaces. If the letter is not in the blanks, write it on the side and rub out one feature of the snowman. The aim of the game is for students to complete the sentence with as many parts of the snowman remaining.

- Highlight that the words we use towards others have the ability to build them up or tear them down. Discuss this.
- Highlight that similarly the words we say to ourselves either out loud or in our head have the ability to build ourselves up or tear ourselves down. That's why we need lots of practice saying positive things to ourselves.
- Explain that in the next activity students are going to think about positive things they need to say to themselves more often.

**Task 4: (10-15 minutes) 20 things to say to me more often...**

- Students complete '20 things to say to me more often...' worksheets and paste into their Me Tree Scrap books.

**Task 5: (7-10 minutes) I love to laugh**

- Apart from using positive words, ask students to identify what else Kid President did that showed he knew how to

be a good friend to himself (i.e. he looked for the fun and funny side in everything, he laughed with himself).

- Highlight that laughing is something we love doing with friends, but when we are friends to ourselves, we can do alone too.
- Explain that you are going to watch a clip from the famous movie 'Mary Poppins' and meet a character that loves to laugh!
- Play this clip:  
<https://www.youtube.com/watch?v=pOMqqI-kzHY>
- Highlight that uncle Albert knew how to be a good friend to himself- to have fun with himself and laugh himself silly.
- Ask the students to identify what effect did his laughter and happiness have on the kids and Bert (i.e. it was contagious).
- Highlight that laughing is good for our health and releases happy hormones to the brain. Therefore, regularly having a laugh and looking for the funny side in everything is a great thing to do to be a good friend to yourself.

**Task 6: (10-15 minutes) The Uncle Albert Challenge...**

- Explain that students will now think about what makes them laugh and come up with a plan to laugh every day of this week.
- Students complete 'The Uncle Albert Challenge...' worksheet and take home with them.
- Check in with the class on Friday to see how their Uncle Albert challenge went. Have they felt happier and healthier this week? Encourage them to regularly structure in time to laugh at least once a week.



20 things to say to  
me more often...

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**SAMPLE**

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**SAMPLE**

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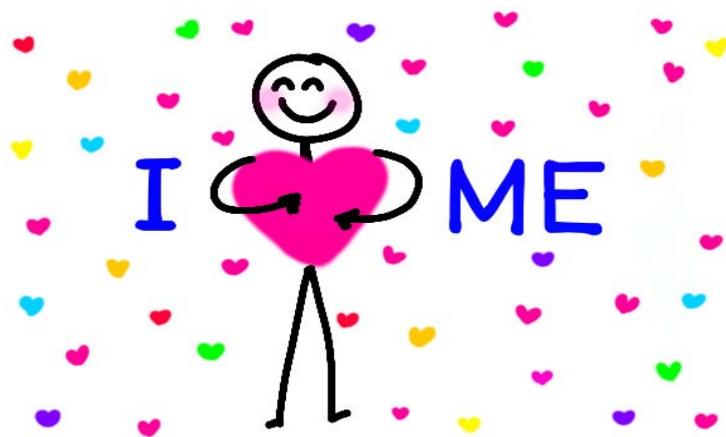
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# The Uncle Albert Challenge...



What makes you laugh? Set yourself a challenge to do something that makes you laugh every day this week. Write what you will do in the boxes. Try and choose different things each day:

MONDAY:



TUESDAY:



WEDNESDAY:



**SAMPLE**

THURSDAY:



FRIDAY:

