

Our Friendships

Activity: Me or Not Me



Children will have had different levels of communication with their friends/peers during lockdown and this could create tension between children if friendship dynamics have significantly changed. Building or rebuilding connections will be a key component of children's recovery. This activity is about encouraging and supporting children to get to know each other.

Links to Curriculum for Excellence Experiences and Outcomes

- I know that friendship, caring, sharing, fairness, equality and love are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others. *HWB 2-05a / HWB 3-05a*
- I value the opportunities I am given to make friends and be part of a group in a range of situations. *HWB 2-14a / HWB 3-14a*

Learning Intentions

- Learners recognise and accept differences and similarities between themselves and others.

Duration

20 minutes

What You Need

- A space inside or outside where the children can make a long line

Activity

In the chosen space, identify the location of two furthest opposing points (A and B). Explain that A represents 'very like me' and B represents 'not like me at all'. Taking the adjective 'creative' as an example, explain to the children that they have to place themselves along the spectrum of whether this is 'very like me' or 'not like me at all'. Repeat for other adjectives such as 'logical', 'tidy', 'messy', 'quiet', 'loud' and so on.

After each round, encourage the children to say why they chose to stand where they are and ask peers if they agree or are surprised by where others have positioned themselves. After a few rounds of playing, invite the children to come up with their own ideas.