



Guide to Thrive

Inspire students to leap into Year 7

Classroom Activity:

Whole Group Discussion:

What makes us special?

Understanding what makes us special is the basis to making new friends when we change schools, or just when our interests and values shift. But sometimes feeling 'different' can make us not want to be honest about who we are. Feeling different can also impact our self-esteem.

Access the URL: Kid President's Guide to Making a New Friend - YouTube

Access the URL: Life Ed - Making New Friends

Tell students to watch the video focused on self-confidence, self-reflection, and making new friendships.



Small Group task:

Have students get into pairs. Where possible, try to encourage students of different genders/ different ability levels/language/cultural/religious backgrounds to work together, to learn about and reflect on their own experiences.

Teachers are best positioned to be aware of sensitivities within the class and to modify as appropriate.

Ask students to think about what they saw in the video. How do the people in the video talk about themselves, and what makes them special?

- Encourage students to discuss their reactions to the video.
- Encourage students to share their own experiences of making new friends.
- Now, have students work together to develop a set of interview questions that will be used as a follow up activity, when they can conduct their own interview.
- Have students ask questions that focus on getting to know someone, but also sharing the things they like to do and are proud of.

Whole Group Discussion and feedback:

Ask students to share the questions they have developed.

Encourage students to think about what makes them special. Encourage students to talk about or watch the video again with their parents/siblings.

Consider whether students should make their own interview in class or at home. If at home, set as home-work.

Homework Task:

What do I like about me?

For this activity: Have students work on the attached workbook in their own time. Remind students that the workbook can be a good reminder of the things they like about themselves, and the things that others like about them.

This is an important celebration of difference but can also enhance the way we talk to ourselves (more positive self-talk and less inner criticism), and increase our confidence and resilience. This can make us better friends, and less vulnerable to peer pressure.

