



## Lesson plan for relationships and sex education

### **Sam moves away**

Vocabulary used and taught in this lesson:

Lose, goodbye, happy, excited, sad, upset

### Introduction

Have you ever lost anything?

What did you lose?

How did it feel when you realised it was lost?

Have you ever found something that you thought was lost? Where was it?

How did you feel when you found it?

Explain that in today's session you are going to be thinking not just about losing things but also about saying goodbye to people. Saying goodbye to somebody is a bit like losing something.

Read story about Sam and ask prompt questions.

### Activity

Give each child a piece of A4 paper. On one half of a piece of paper draw a picture of yourself when you have said goodbye to someone. Draw your face showing your emotions. Write a word describing the emotion.

On the other half of the paper draw yourself when you have met someone again. How does your face show your emotions now? Write a word describing the emotion.

### Plenary

If someone moves away – a friend, a relative, a neighbour – what are the different ways people can keep in touch with them? [Letter, email, text, Skype, Facetime (or similar), visiting them, social media etc.]

### Learning outcomes:

Children will be able to:

- Recognise the range of feelings that are associated with losing (and being reunited) with a person they are close to