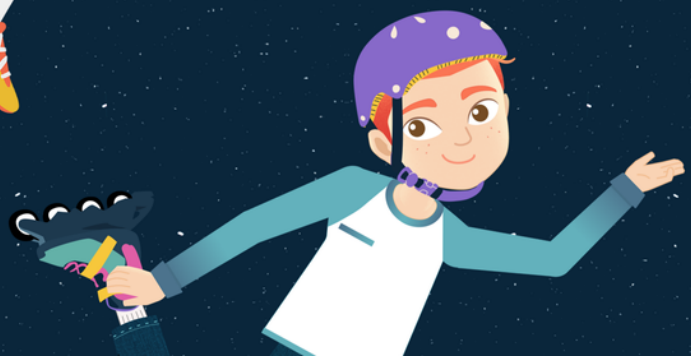
STARS

My amazing brain

Teacher's Guide:

Spend time with friends and on hobbies

P5-P7



Brain Health Scotland

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Alzheimer Scotland

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Spend time with friends and on hobbies

LEARNING OUTCOMES
(from curriculum for excellence, Scotland)

II 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

I understand that people can feel alone and can be misunderstood and left out by others. I am learning how to give appropriate support.
HWB 2-08a

I value the opportunities I am given to make friends and be part of a group in a range of situations.
HWB 2-14a

am aware that positive friendships and relationships can promote health and the health and wellbeing of others.
HWB 2-44b

I am aware that positive friendships and relationships can promote health and the health and wellbeing of others.
HWB 2-44b

WHAT YOU NEED

- *Spend time with friends and on hobbies* PowerPoint
- *Spend time with friends and on hobbies* Handout

LESSON PLAN (1 HOUR)

1. Use the PowerPoint *Spend time with friends and on hobbies* and play the animation video *Introduction*. (5 minutes)

2. Use the discussion points to pull out some of the main points around brain health. (10 minutes)

3. To make sure everyone is on the same page, ask "What is a hobby?". You could have them list as many hobbies as they can in 1 minute. (5 mins)

4. Play the animation video *Spend time with friends and on hobbies*. (5 minutes)

5. Use the next discussion points to discuss friends and hobbies. (5 minutes)

6. Either print *Spend time with friends and on hobbies* Handout or have the kids draw it out themselves on a page.

7. Have them draw or write to fill it in - this is to help them think about hobbies that they could share with their friends that they possibly don't at the moment. (15 minutes)

7. Come back together as a class to discuss and share about the activity. (10 minutes)

8. If there's time at the end, you could discuss ways that school and society could help make hobbies more affordable or free. (5 minutes)

Question prompts:

- What do you think could be the reasons some people couldn't have as many hobbies?
- Why or why not do you take part in school clubs or extracurricular activities?
- Can you think of any ways that would help kids be able to have more friends or hobbies? (e.g. youth clubs, skate parks, safer streets, vouchers for leisure centres to try swimming or climbing)

Write or draw your interests or hobbies in the boxes below. Do many of your hobbies match with your friends? Are there new things you could try that could be fun together?

My interests

My friend's interests

Our shared interests

WHAT NEXT?

1

Extracurricular clubs

Does your school offer clubs for your students to get involved in? Is this something you could help with? It doesn't have to be something permanent – even one term of sharing one of your own passions or hobbies with students could inspire a young person to try something new!

2

Apply for funding

Keep and eye out for available funding:

grantsonline.org.uk/region-news/scotland/

digitalxtrafund.scot/apply/

tnlcommunityfund.org.uk/funding

3

Bullying

Do you notice problems in friendships in your class or someone being left out or bullied? Relationships and friendships is something you can constantly emphasis through your teaching.

anti-bullyingalliance.org.uk/anti-bullying-week/school-resources

4

Be aware

Try to keep up-to-date with free local activities and share them with your class, don't assume they already know.

These are usually advertised through local community social media groups or on boards in supermarkets.