

Social Emotional Learning

Lesson 3: Social Awareness Sharing

SEL Objectives:

- To help children understand that sharing is an important part of friendship
- To help children experience positive feelings associated with friendship
- To help children think about the benefits of sharing and the difficulties associated with not sharing

Talking Points:

- Discuss with your child what we mean by sharing and think of examples of things we share. For example toys, TVs, tablets, people.
- Discuss with your child their uncomfortable feelings around sharing.
 - *Have you ever had a problem with a friend about sharing something that you both really liked?*
 - *How did it make you feel?*
- Acknowledge that sharing can be difficult and can result in uncomfortable feelings such as sad, angry and jealous. Share times when you have found it difficult to share e.g. the remote control!
- Discuss with your child what you can do when you have uncomfortable feelings about sharing. Focus on ways to calm down: stop, breathe and say the problem and how you feel. Other ideas may include taking time away, coming up with a fair plan to share such as taking turns or ways to play with one item together.
- Discuss with your child the benefits of sharing. Focus on the comfortable feelings we feel when we share or when someone shares with us – happy, excited, proud. Focus on how we have more fun when we share and play together than playing on our own. Sharing is a ‘win-win’ situation. We feel good and so do our friends.
 - *How do our friends feel when we share with them?*



- *How do you feel when your friends are happy you have shared with them?*
- *Is it more fun to play on your own or with friends?*

Accompanying Video:

The Barnardo's SEL team have created a short video to help with the talking points above. Your video will be shared to www.facebook.com/pathseducation and <https://twitter.com/PATHSEdUK> on 05/05/2020.

Supplementary Activities:

There are 3 different SEL activities to complement this lesson that you may wish to use. These will be shared in an individual activities booklet along with the accompanying video.

Pre-School:	Sharing Picnic
Age 4-7:	Share and draw
Age 7-11:	Poster Activity

Reminders:

Following each SEL lesson, you could try to incorporate family complimenting as part of your weekly routine.