

## **Year 7: Friendships – Session Plan**

### **Theme / Topic**

Year 7 Transition Support – Friendships

### **Time Allocation**

30 minutes

### **Aim**

The young people will learn that:

- Our first assumptions and judgements about people can be limiting.
- We have to take time to get to know others, for friendships to develop.

### **Session Structure**

Watch the first of the two videos – ‘Year 7 Transition: Friendships (Part 1)’. This will enable students to consider their assumptions when they see someone for the first time.

Afterwards, watch the video ‘Before You Judge Someone’ by Jay Shetty. This video will enable students to consider the impact of assumptions and judgements (based on what we see), when we don’t know all the facts.

Watch the second of the two videos – ‘Year 7 Transition: Friendships (Part 2)’. This will enable students to reflect further on how they view others, and conclude the session.

Use the activity to enable students to start the process of getting to know those in their year group better. You can conclude the session using the plenary below.

### **Activity: Bingo**

The aim of this is to encourage students to talk to others in their year group, to find out more about one another.

Give each student a bingo style card (see Session 1 resource on the website) with a selection of different categories, such as; born in ..., favourite colour, hair colour etc. Students complete their bingo card by finding someone different in the class who fits into each category. Challenge the students that each category must contain a different name; there so be no repetition.

Allow time to gather feedback from students.

### **Plenary**

One of the new challenges faced when moving to secondary school is meeting lots of new people. During this session, you may have learnt something new about someone else in your form or year group. This is just the start of getting to know one another; continue to do this more over the coming weeks and months.

Some of you may have been to the same primary school, but many won’t have known one another before you started at this secondary school. Perhaps you have started to make friends with people, but there may also people that perhaps you don’t have a natural connection with.

Part of being at school (and indeed in life) is working with others - those we are friends with, as well as those who we may not choose to work with. It is important that regardless of whether we would choose to work with someone or not, that we try our best to find ways of working with others, to allow us to achieve our best and our goals.

Can I encourage you to continue to get to know one another and be open to getting to know one another; rather than making snap decisions based on appearance, take time to get to know someone's personality and character ... you may just be surprised by what you discover!

## Resources

All resources can be found at the Wycombe YFC website ([www.wycombeyfc.org.uk/](http://www.wycombeyfc.org.uk/))

### Videos:

- Year 7 Transition: Friendships (Part 1)
- Year 7 Transition: Friendships (Part 2)
- 'Before You Judge Someone' by Jay Shetty

Bingo Activity Sheet