

## Friends & Feelings - Session 3 - Communication and Resilience

### Introduction

These discussion questions are provided as suggestions to assist teachers to deepen the students comprehension of the content that has been taught as part of your schools Life Ed visit. The Booster Session discussions integrate a variety of question styles to engage learners; by activating prior knowledge, revisiting new knowledge and extending understanding by posing open-ended questions. The booster sessions can be used in a couple of ways after the Life Ed visit. Teachers may like to watch the video in full and use the discussion points as a summing up activity. Teachers may also like to stop the video throughout to pose questions, or respond to student ideas and questions.

### Note:

Life Ed is committed to child safety, health and wellbeing. We want all children to be safe, happy and empowered. When learning about these important ideas and topics, teachers are reminded to follow your school's Child Protection Policy to ensure that classrooms are a safe learning space.

**Open and honest communication is a key part of maintaining healthy friendships.**

**Why are these two things important when communicating with our friends and family?**

(independent responses will vary) (open ended)

**Empathy is trying to understand how someone else is feeling. This is not always easy.**

**How can we show empathy to our friends?**

(independent responses will vary) (open ended)

**Nicknames can be fun, but not everyone likes them. Boots and Red both chose to be called by their real names Advika and Max. Advika wants to acknowledge her heritage and culture with the name she shares with her Grandmother. Max would rather be known for his other great abilities like his soccer skills rather than his read hair.**

**Describe yourself using two positive adjectives (describing words) that start with the same initial as your first name. Eg. Hilariously Handsome Harold.**

(independent responses will vary)

**Resilience is remaining positive and not giving up, even when we are tired, upset, frustrated or if things are challenging.**

**Reflect on a time when you showed resilience when something was challenging. What did you do to overcome it and push through till the end?**

(independent responses will vary)