



## Relate Respect Connect - Session 1 - Relate

### 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.

**Being the new kid at school can be a positive experience for some young people, but may be hard, or negative for others. What are some positive and/or negative emotions Amina may be feeling?**

(open ended)

**What are some reasons Amina and her family may have had to leave their country?**

(open ended)

**Relate means..... Respect means..... Connect means.....**

(open ended)

**What are some of the body gives us clues our body gives us to let us no we are not safe?**

(increased heart race, sweaty, nervous, sick in the stomach, tingles, light headed, freeze/can't move, bad thoughts, feelings of isolation or loneliness)

**What do you do to manage your feelings when you are sad, uncomfortable, scared, unsafe?**

(open ended)

**What happens to your brain during puberty?**

(Your brain grows and changes, trims connections we don't need or use much anymore, it works faster, the survival brain (back) is keeping us alive, the emotional brain (middle) controls emotions, the thinking brain or pre-frontal cortex (front) is still developing affecting your thoughts, big decisions, actions and emotions. Brains are being flooded with hormones and makes feelings stronger and more intense. Teenage brains are great at learning new skills)