

Social Emotional Learning

Lesson 9: Relationship Skills

Fair Play Rules

SEL Objectives:

- To introduce the concept of Fairness in Relationships
- To provide rules which support Fairness and lead to problem-solving in Relationships
- To help children with perspective taking as an SEL skill

Talking Points:

- Discuss the importance of having friends and how we treat them when we are together. Ask your child/children do they listen well to their friends? We should try to make sure everyone has a good time. Sometimes arguments happen if we think something isn't fair during a game. Other people might think something isn't fair too. This makes it unpleasant because not everyone is having a good time.
- One way to make it fair is to take turns. How do we decide who gets to go first in our games? It's fair for everyone to get a go. Ask your child/children did they ever play in a game and not get a turn? How did it make them feel?
- Think about how it is important that everyone in the game knows the rules and agrees to them. Would it be fair if not everyone played by the rules? Sometimes a person might break a rule to win. This is called cheating. When we cheat in a game, nobody will want to play with us. Ask your child/children if they played with someone who cheated in a game? How did it make them feel about that person?
- Talk with your child/children about Winning/Losing. How do we cope when we lose a game? How do we behave when we win a game, do we boast or tease the other person for not winning? Teasing is like when someone loses and you say unkind things such as "You're too slow, you will never win". Ask your child/children if they have ever been teased and how it felt?
Boasting sometimes happens when we win. Saying things like "Haha I am better at this game than you" will annoy or hurt our



- friends. They won't want to play that game with us again. Ask your child/children has this ever happened to them?
- Finally having rules will help us in our play. Following the rules about teasing/boasting and taking turns will make our play more fun. We should also remember the Golden Rule, 'Treat others the way you would like to be treated.' If we use this rule during our time with friends, we will be the best we can be and playing will be fun. When playing is fun our friends will love to play with us.

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 15/06/2020.

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: Create a Poster of 'Our Family Rules' for your door or fridge

Age 4-7: Decision Wheel (for taking turns)

Age 7-11: Using the Golden Rule

Reminders:

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