



# “The Future Begins Today”

*Project KA229 2018-1-PL01-KA229-050749*

## Lesson Plan

**LENGTH OF TIME:** 90 minutes

**TOPIC:** INTERPERSONAL RELATIONS/ SOLVING CONFLICTS

**AGE:** 13-14 YEARS (8<sup>th</sup> grade)

**OBJECTIVES:** After the workshop students will be able to

- recognize and describe basic emotions
- understand and differentiate useful and harmful emotions in the context of interpersonal relationships
- recognize and use skills that benefit interpersonal relationships

### **METHODS AND STRATEGIES:**

- ICT – use of video materials
- Experiential learning
- Drama/role-playing
- class discussion/debate
- cooperative learning

## **RULES FOR TEACHING**

- be prepared
- listening
- be adaptive
- encourage
- be positive
- be polite
- be correct
- leave problems outside the classroom

## **ASSIGMENTS:**

- What are our basic emotions? Students individually work on worksheets ("How I feel now")
- Students in groups work on situation flash card
- Each group presents in the form of role playing an interpersonal conflict in the form of drama- role playing.
- Class discussion/debate about problem solving interpersonal skills

## **MATERIALS NEEDED:**

- ICT for presentation and video
- Worksheet
- Situation flash cards
- Paper, pencil

## PROCEDURE:

### 1. Motivation:

Tell students that today they will learn about interpersonal relations and how to develop successful interpersonal skills.

Moderator talks about emotions, ask student how they feel at the moment (help students to brainstorm and identify).

### 2. Presentation

- watch different emotions

a) Photographs of different emotions (combine emotion with a picture of a human face expressing different emotions) ,

b) intriguing videos about different emotional states on

[www.youtube.com](http://www.youtube.com)

(anger - <https://www.youtube.com/watch?v=BQfKhwmISVM>,

fear - <https://www.youtube.com/watch?v=lSmEVq5YMMo> ,

happiness - <https://www.youtube.com/watch?v=e9dZQelULDk>,

loneliness- [https://www.youtube.com/watch?v=n3Xv\\_g3g-mA](https://www.youtube.com/watch?v=n3Xv_g3g-mA))

### 3. Activity

-students will answer worksheets – individual experience about emotions and situations in which they occur

-class discussion about individual experiences

- situation flash cards for three groups (each flashcard represents a situation of conflict, the task is to solve the conflict peacefully respecting each person in the conflict by using problem solving interpersonal skills)

-role playing (each group presents the conflict situation and the solution)

-classroom debate

### 4. Closing(Evaluation/assessment-individual opinion- liking and usefulness)

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Materials:

**MATERIALS:**

**1. How do I feel now (mark several emotions)?**

<b>HAPPY</b>	<b>HURT</b>	<b>SURPRISED</b>
<b>SAD</b>	<b>PROUD</b>	<b>ASHAMED</b>
<b>ENVIIOUS</b>	<b>GUILTY</b>	<b>AFRAID</b>

**2. Conflict flashcards and worksheet**

**IN THE SCHOOL WARDROBE**  
**You are to be blamed that we lost the game! Get out of my sight or I will hit you!**

**IN THE CLASSROOM**  
**It is the fifth time you are late for your class. Tell your mother to come to school for a conversation.**

**PARENTS**  
**It is ten a clock now! You promised you will be home by eight!**

**Groupwork for situation flashcards: discuss the problem situation, then write down the answers on the worksheets and finally try to present the situation and the solution by role playing/drama.**

**Where is this conflict happening?**

**Who is involved in the conflict?**

**What was the problem?**

**What was said and done?**

**How was the situation solved?**



Examples of different emotions