

## Lesson 1

L1R2

# Group activity questions

The following questions you answered in the survey come under one of the following four categories:

- ① Self-awareness (SELFA)
- ② Social awareness (SOCA)
- ③ Self-management (SELFM)
- ④ Relationship management (RELM)

Decide as a group which category the statements fit. Put the category name next to each statement.

- ① I find it easy to change my behaviour when I need to
- ② If I saw someone being bullied I would have to act
- ③ I think I can do things just as well as other people
- ④ I can settle arguments
- ⑤ I understand that 'banter' can be misunderstood and upsetting
- ⑥ I like myself
- ⑦ When things happen, I talk about how I feel
- ⑧ I know how my actions can make other people feel
- ⑨ When my friends need me, I am a good listener
- ⑩ I understand how other people are feeling

**One member of your group will feed back to the class on what you think about these statements and why you have put them in that category.**

A set of 10 Social and Emotional Learning (SEL) lessons aimed at combatting bullying in a school environment by developing the social and emotional skills of young people aged 11-14.



Supported by  
the Daphne Programme  
of the European Union

