Lesson 3: No Need to Hide

WE ARE LEARNING: What to do when we feel like we need to hide our feelings.

BORIS ASKS: Can the children explain why Boris wants to hide how he really feels in the reveal game?
Can the children explain what to do when they feel like they need to hide how they really feel?

RESOURCES: Slides

Play the Boris reveal game. As you play through the slides and take bits of Boris away, ask the children to guess what he is hiding and why he is hiding it.

1. **Football** (He is not good at football so won’t join in the game. He thinks people will laugh at him)
2. **0/10 test** (He is embarrassed because he got 0/10 on a class test. He thinks people will call him stupid)
3. **Lunchbox** (He doesn’t like lunchtime because he thinks nobody will want to sit with him)

Explain that if Boris keeps these thoughts to himself, he may start to believe them.

Like Boris, we can all feel like we need to hide how we are really feeling at times. The best way we can help ourselves when we feel like we want to hide is to follow these steps with someone we trust.

For example:

1. **Spot it** (Boris realises that he wants to hide from the football game, because he is worried that everybody will laugh at him)
2. **Reach out and share with someone you trust**. (Boris tells his best friends Amber and Josh)
3. **Talk about how you are feeling and ask for what you need**. (Boris tells them he would like to join the game but he doesn’t think he is very good. He asks them if they would teach him to play)

Ask the children how they think following these steps will help Boris. Work through the other two examples with the children.

Sharing the truth about how we feel with someone we trust helps us remember Fake is a Mistake!

**HERE ARE SOME WAYS IN WHICH THIS RELATES TO THE CURRICULUM:**

R&HE

CF3. that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.

MW2. that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.

MW3. how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others’ feelings.

PSHE

H14. to recognise when they need help and to develop the skills to ask for help; to use basic techniques for resisting pressure to do something dangerous, unhealthy, that makes them uncomfortable or anxious or that they think is wrong.

H7. to recognise that they may experience conflicting emotions and when they might need to listen to, or overcome these.

R9. the concept of ‘keeping something confidential or secret’, when they should or should not agree to this and when it is right to ‘break a confidence’ or ‘share a secret’

**BIBLE REFERENCE**

And I am convinced that nothing can ever separate us from God’s love.
Romans 8:38

**SMSC**

The spiritual development of pupils is shown by their:
- use of imagination and creativity in their learning
- willingness to reflect on their experiences

**SIAMS**

Strand 2: Wisdom, Knowledge and Skills
Strand 4: Community and Living Well Together