**Relationships**

**Lesson 4**

**Objectives**

IALT think about what embarrasses me and learn something about me

that I didn’t know before.

***Embarrassed***

Read the short story from the resource sheet Embarrassed. Discuss the story

using the suggested questions from the next slide –slide 19.

Draw attention to the fact that embarrassed people often feel:

* upset;
* angry (at themselves or others);
* at a loss – they don’t know what to do;
* very uncomfortable (inside as well as ‘hot and bothered’ on the outside).

Ask the children what influences just how embarrassing we find a particular

situation. Draw attention to the fact that we feel more or less embarrassed

according to:

* who is there or who sees, and how much we care about what they think or
* value their opinion;
* whether what we did was intentional;
* how bad we think what we have done is – have we ‘let ourselves down’?
* and can this apply even if no one knows?

**INDEPENDENT**

Have the children come up with their own ideas of embarrassing situations and rate them on the blushometer. Record them in book alongside smaller cut outs of blushometer.

**Outcomes**

Children will consider the types of situation in which they may feel embarrassed and why they might feel this way.

**Notes**

Powerpoint

Situations II TASK 1, 2, 3