

## Objective

By the end of this lesson, Aiyana will have a deeper understanding of personal, social, health, and economic education (PHSE) topics, including emotional well-being, relationships, and financial literacy. She will be able to discuss these topics confidently and apply the knowledge to real-life scenarios.

## Materials and Prep

- Notebook and pen for notes and reflections
- Access to a computer or tablet for research (if applicable)
- Printed worksheets for activities (can be created beforehand)
- Art supplies (colored pens, markers, etc.) for creative activities
- Timer for timed activities

## Activities

- **Emotional Well-Being Journal:** Aiyana will start her lesson by writing in a journal for 10 minutes about her feelings and emotions over the past week. This will help her reflect on her emotional well-being and understand the importance of expressing feelings.
- **Role-Playing Scenarios:** Aiyana will participate in role-playing exercises where she will act out different social situations (e.g., resolving a conflict with a friend or discussing personal boundaries). This will enhance her communication skills and ability to navigate real-life interactions.
- **Financial Planning Activity:** Aiyana will create a simple budget for a hypothetical monthly allowance, considering expenses like savings, entertainment, and necessities. This will teach her about financial literacy and responsible money management.
- **Creative Expression:** Aiyana will create a poster that represents what healthy relationships look like. She can use drawings, quotes, and colors to express her understanding of respect, trust, and communication in relationships.

## Talking Points

- "Emotional well-being is just as important as physical health. How do you feel when you express your emotions?"
- "Conflict is a normal part of relationships. What strategies can we use to resolve conflicts peacefully?"
- "Understanding finances is crucial for independence. What are some expenses you think are important to include in a budget?"
- "Healthy relationships are built on trust and respect. Can you think of examples of how to show respect to others?"
- "It's okay to ask for help when you need it. Who can you talk to when you're feeling overwhelmed?"
- "Setting personal boundaries is essential. How do you feel about saying 'no' to things that make you uncomfortable?"
- "Discussing your feelings can strengthen your relationships. How can you encourage your

friends to share their feelings?"

- "Financial literacy is a skill you will use for life. What are some ways you can save money?"
- "Self-care is important. What are some activities you enjoy that help you relax?"
- "Peer pressure can be tough. How can you stand up for your values in social situations?"
- "Communication is key in all relationships. What are some effective ways to communicate your thoughts?"
- "Understanding consent is vital in relationships. What does consent mean to you?"
- "Setting goals can help you stay focused. What are some personal goals you want to achieve?"
- "It's important to respect differences in others. How can we celebrate diversity in our communities?"
- "Learning about health and well-being can empower you. How can you use this knowledge in your daily life?"