

Lesson 1 – Teacher Note

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Andy's First Day	Age 4-5	
Aims	To introduce Difference/Disability	
Objective	Children to understand that it is ok to be different, the importance of being good friends and looking out for each other.	
HWB Indicators – Lesson	HWB 0-01a, HWB 0-02a, HWB 0-03a, HWB 0-04a, HWB 0-05a, HWB 0-08a, HWB 0-09a, HWB 0-10a, HWB 0-13a, HWB 0-14a, HWB 0-14b, HWB 0-15a, HWB 0-19a, HWB 0-20a	
HWB Indicators – Activities	HWB 0-6a, HWB 0-7a, HWB 0-12a, HWB 0-11a, HWB 0-16a, HWB 0-17a, HWB 0-18a	
What's Included		
An interactive lesson supports a short 4-minute film about a little boy who was born with one ear. He has a prosthetic ear but can't hear out of this one. Andy was nervous about going to school because he thought the boys and girls would laugh at him because he was different. The lesson encourages children to think about differences and how to be good friends. Certificates available for course completion.		
Lesson Includes	<ul style="list-style-type: none"> • Different disabilities (hidden and visible) • Additional short videos about the I Am Me Teddies and their disabilities (blind, cerebral palsy, autism) • Ways that we are all different (colour of hair/ skin/ eyes, height etc) • The importance of being a good friend • Who children can talk to if they are worried 	
Additional Activities Included		Resources
Do disabilities stop you from having fun? – Encouraging inclusion – Encouraging children to consider ways of including people.		Colouring pens, paper
Are we any different from others in our house? – Introducing Diversity – Activity encourages children to understand and appreciate differences.		Colouring pens, paper
Can you hear the TV with no sound? – Creating understanding. Highlighting the differences in how people with disabilities experience the world.		No resources required
Can you ask for things without speaking? – Creating understanding. Highlighting different ways people learn to communicate.		No resources required
Can we play games without speaking to each other? – Creating understanding. Encouraging children to think about different ways to communicate and include others.		No resources required
Teacher Led Activities		
Keep Safe (Draw or Discuss) – Encouraging children to keep safe and think about safe ways they can help others.		Colouring pens, paper
Mental and physical health – Introducing health (physical and mental health) what do these mean.		Print off resource sheets, pencil
Helping others – Understanding safety. Encouraging children to think about dangers and how they can keep themselves and others safe.		No resources required
Feelings – Understanding emotional health. Encouraging children to think about their feelings and the feelings of others.		No resources required.
Andy's First Day Quiz – Re-cap on the lesson talking about Keep Safe, disabilities, being different, being a good friend and who you can talk to if you are worried.		No resources required.

Lesson 2 – Teacher Note

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My Name is Charlie	Age 4-6	
Aims	To introduce Difference/Disability (hidden and visible)	
Objective	Children begin to learn about a range of disabilities, visible and hidden. The lesson encourages children to understand that it is ok to be different, the importance of being good friends and looking out for each other.	
HWB Indicators – Lesson	HWB 1-01a, HWB 1-02a, HWB 1-03a, HWB 1-04a HWB 1-05a, HWB 1-08a, HWB 1-09a, HWB 1-10a HWB 1-13a, HWB 1-14a, HWB 1-14b, HWB 1-15a HWB 1-19a, HWB 1-20a	
HWB Indicators – Activities	HWB 0-1-06a, HWB 1-07a, HWB 0-11a, HWB 0-12a HWB 0-05a, HWB 0-14a	
What's Included		
The lesson is built around a short 8-minute animated story about a little boy called Charlie. Charlie has Autism and has always found it difficult to make friends. The lesson encourages children to think about how to be a good friend. Certificate available for lesson completion.		
Lesson Includes	<ul style="list-style-type: none"> • Different disabilities (hidden and visible) • Additional short videos about the I Am Me Teddies and their disabilities (blind, cerebral palsy, autism) • That disability does not need to hold you back • Ways that we are all different (colour of hair/ skin/ eyes, height etc) • The importance of being a good friend • Who children can talk to if they are worried 	
Additional Activities Included		Resources
Can you find the hidden words – Lesson related wordsearch		Print off resource sheets, pencil
Disabilities don't need to stop you from having fun – Encouraging inclusion – Encouraging children to consider ways of including people.		Colouring pens, paper
Can you sing a song? – Developing understanding of disabilities. Highlighting that sometimes people find it difficult to process information and do lots of things at once and may need a little more time and/or support		Pencil, paper
Teacher Led Activity		
Mental and physical health – Understanding health (physical and emotional)		Print off resource sheets, pencil
Feelings – Understanding emotional health, being supportive friends and how to help others.		No resources required
Being a good friend – Developing understanding. Highlighting how to be a supportive friend and how to help others.		No resources required
Disabilities you can't see – Increasing understanding and knowledge about different disabilities and how to help others.		No resources required.
Keep Safe (Draw or Discuss) – Keeping safe and helping others.		Colouring pens, paper
My Name is Charlie Quiz - Re-cap on the lesson talking about Keep Safe, disabilities, being different, being a good friend and who you can talk to if you are worried.		No resources required.

Lesson 3 – Teacher Note

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The Present	Age 6-8
Aims	To understand disabilities and the importance of inclusion.
Objective	Children learn about a range of disabilities, visible and hidden. Learning that it is ok to be different, the importance of being good friends and looking out for each other.
HWB Indicators – Lesson	HWB 1-01a, HWB 1-02a, HWB 1-03a, HWB 1-04a, HWB 1-05a, HWB 1-08a, HWB 1-09a, HWB 1-10a, HWB 1-13a, HWB 1-14a, HWB 1-14b, HWB 1-15a, HWB 1-19a, HWB 1-20a
HWB Indicators – Activities	HWB 1-06a, HWB 1-07a, HWB 1-12a, HWB 1-16a HWB 1-17a, HWB 1-18a
What's Included	
Lesson supports a short 5-minute film about a young boy who is given a dog as a gift from his mother. The dog is disabled and initially rejected by the boy, but after seeing how determined and playful the dog is, the little boy makes a new friend. Certificate available for lesson completion.	
Lesson Includes	<ul style="list-style-type: none"> • Different disabilities (hidden and visible) • Additional short videos about the I Am Me Teddies and their disabilities (blind, cerebral palsy, autism) • That disability does not need to hold you back • Identifying some of the difficulties some people with disabilities can face in day to day life and the things they can be done to help. • Ways that we are all different (colour of hair/ skin/ eyes, height etc) • The importance of being a good friend and not excluding others because they are different. • Introducing the impact of behaviour. • Who children can talk to if they are worried
Additional Activities Included	
Can we play a hopping game – Encouraging children to consider the difficulties some people with disabilities can face and increasing awareness that disability does not need to stop you from having fun	Balloon/Ball
Would you like to try and kindness challenge? – Promoting positive behaviours and encouraging kindness.	No resources required.
Can you think of a nurse rhyme? – Increasing awareness of different ways to communicate.	No resources required
Who can you draw? – Encouraging children to think about who they can go to if they are worried.	Colouring pens, paper.
Teacher Led Activity	
Helping someone who is struggling – Understanding that not everyone feels the same and encouraging children to think about different ways they can help others.	No resources required.
Mental and physical health – Understanding health (physical and emotional)	Print off resource sheets, pencil
Keep Safe (Draw or Discuss) – Keeping safe and helping others.	Colouring pens, paper
The Present Quiz - Re-cap on the lesson talking about Keep Safe, disabilities, being different, being a good friend and who you can talk to if you are worried.	No resources required.

Lesson 4 – Teacher Note

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Tamara	Age 7-9	
Aims	To increase awareness of alternative communication methods and the importance of inclusion.	
Objective	Children learn about a range of disabilities, visible and hidden (including mental health). Learning that it is ok to be different, the importance of being good friends and looking out for each other.	
HWB Indicators – Lesson	HWB 1-01a, HWB 1-02a, HWB 1-03a, HWB 1-04a, HWB 1-05a, HWB 1-08a, HWB 1-09a, HWB 1-10a, HWB 1-13a, HWB 1-14a, HWB 1-14b, HWB 1-16a, HWB 1-17a, HWB 1-15a, HWB 1-19a, HWB 1-20a	
HWB Indicators – Activities	HWB 1-12a, HWB 1-18a, HWB 1-06a, HWB 1-07a	
What's Included		
Lesson supports a short 5-minute animation about a little girl called Tamara. Tamara is deaf and her mother communicates by using sign language. The lesson encourages children to think about alternative communication methods and to consider how they would ensure someone who has a disability can be included. Certificate available for lesson completion.		
Lesson Includes	<ul style="list-style-type: none"> • Different disabilities (hidden and visible) • Additional short videos about the I Am Me Teddies and their disabilities (blind, cerebral palsy, autism and anxiety) • Additional video about epilepsy • That disability does not need to hold you back • Identifying some of the difficulties some people with disabilities can face in day to day life and what can help. • Ways that we are all different (colour of hair/ skin/ eyes, where we come from, height etc) • The importance of being a good friend and not being mean to others because they are different. • Who children can talk to if they are worried 	
Additional Activities Included		Resources
Let's learn some sign language – Increasing awareness and knowledge that there are lots of different ways we can communicate.		Resource sheet can be printed.
Picture time – who can you talk to? – Increasing awareness of emotional health and promoting children to talk to someone they trust if they are worried about themselves or others.		Colouring pens, paper
Can you read lips? – Encouraging children to consider different ways to communicate.		No resources required
Can you feel the beat? - Developing understanding of the difficulties some people with disabilities can face and increasing awareness that disability does not need to stop you from having fun		Music
Tamara Quiz - Re-cap on the lesson talking about Keep Safe, disabilities, bullying, being different, being a good friend and who you can talk to if you are worried.		No resources required
Teacher Led Activity		
Keep Safe (Draw or Discuss) – Keeping safe and helping others.		No resources required.
Mental and physical health – Developing an understanding health (physical and emotional)		Resource sheets can be printed, pencils

Lesson 5 – Teacher Note

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Judged	Age 9-11	
Aims	To recognise a range of disabilities including hidden and visible (including mental health). Promoting diversity, discussing bullying and encouraging inclusion.	
Objective	The lesson encourages children to think about disabilities and learning difficulties and the importance of seeking support. The lesson introduces the impact of bullying and the importance of being supportive friends.	
HWB Indicators – Lesson	HWB 2-01a, HWB 2-02a, HWB 2-03a, HWB 2-04a, HWB 2-05a, HWB 2-08a, HWB 2-09a, HWB 2-10a, HWB 2-13a, HWB 2-14a, HWB 2-14b, HWB 2-16a, HWB 2-17a, HWB 2-15a, HWB 2-19a, HWB 2-20a	
HWB Indicators – Activities	HWB 2-12a, HWB 2-18a	
What's Included		
Lesson envelopes a short 11-minute film called Judged, co-written with young people. The film highlights the difficulties a young girl, Chloe, faces with undiagnosed dyslexia. The lesson encourages children to think about impact of behaviour and how, when supported, some learning difficulties and disabilities can be manageable. The lesson encourages children to think about different disabilities, including mental health. Certificate available for lesson completion.		
Lesson Includes	<ul style="list-style-type: none"> • Different disabilities (hidden and visible) • Additional short videos about the I Am Me Teddies and their disabilities (blind, cerebral palsy, autism and anxiety) • Additional video about dyslexia • Myths and facts about dyslexia • Highlights that sometimes people behave in a certain way because they may need a little extra help. • That disability does not need to hold you back • Ways that we are all different (colour of hair/ skin/ eyes, where we come from, height etc) • Introducing different types of bullying, the importance of being a good friend and not being mean to others because they are different. • Highlighting the impact of behaviour. • Discussing who children can talk to if they are worried 	
Additional Activities Included		Resources
Let's have some fun with colours! – Highlighting that sometimes your brain works differently to others and/or can play tricks on you.		No resources required
Judged Quiz - Re-cap on the lesson talking about Keep Safe, disabilities, being different, bullying, being a good friend and who you can talk to if you are worried.		No resources required.
Teacher Led Activity		
Keep Safe – Promoting keeping safe and helping others. This activity can encourage teamwork and project building.		May require pens, paper

Lesson 6 – Teacher Note

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Happiness Heroes	Age 9-12
Aims	To recognise a range of disabilities and understand the impact and consequences of behaviour.
Objective	Children understand the different disabilities and know how to offer support to ensure inclusion. The impact of bullying is highlighted, and the lesson aims to introduce hate crime.
HWB Indicators – Lesson	HWB 2-01a, HWB 2-02a, HWB 2-03a, HWB 2-04a, HWB 2-05a, HWB 2-08a, HWB 2-09a, HWB 2-10a, HWB 2-13a, HWB 2-14a, HWB 2-14b, HWB 2-16a, HWB 2-17a, HWB 2-15a, HWB 2-19a, HWB 2-20a
HWB Indicators – Activities	HWB 2-12a, HWB 2-18a
What's Included	
The lesson includes a short 14-minute film called Happiness Heroes, filmed in partnership with Epilepsy Scotland. The film and lesson encourage children to understand the range of disabilities and consider how their behaviour can impact on an individual. The lesson introduces hate crime and begins to discuss the consequences. Certificate available for lesson completion.	
Lesson Includes	<ul style="list-style-type: none"> • Different disabilities (hidden and visible) • Additional short videos about the I Am Me Teddies and their disabilities (blind, cerebral palsy, autism and anxiety) • Additional video about autism, epilepsy and mental health. • Teaching the children how to help if they see someone having a seizure. • Highlights that sometimes people behave in a certain way because they may need a little extra help. • That disability does not need to hold you back • Ways that we are all different (colour of hair/ skin/ eyes, where we come from, height etc) • Describes bullying, what hate crime is, the consequences of these and how to report them safely. • The importance of being a good friend and not being mean to others because they are different. • Highlighting how you treat people can make them feel. • Who children can talk to if they are worried
Additional Activities Included	
Wordsearch – Can you find the words?	Resource sheets can be printed.
Happiness Heroes Quiz - Re-cap on the lesson talking about Keep Safe, disabilities, being different, bullying, what hate crime is, the consequences of bullying/hate crime and who you can talk to if you are worried.	No resources required.
P6 Myth Busters – Busting myths about disabilities, bullying and hate crime.	No resources required.
Teacher Led Activity	
Keep Safe – Promoting keeping safe and helping others. This activity can encourage teamwork and project building. Promoting safer communities	May require pens, paper

Lesson 7 – Teacher Note

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Lucky Break	Age 10-13	
Aims	To recognise a range of disabilities including hidden and visible. Understanding mental health. Promoting diversity, Highlighting the consequences of bullying/hate crime and encouraging inclusion.	
Objective	Children learn about a range of disabilities, visible and hidden with a key focus on mental health. Encouraging children to embrace differences. Highlighting the importance of recognising and reporting bullying/hate crime and how to do this safely. Encourages children to be good friends, look out for each other and talk to someone they trust if they are worried about themselves or others.	
HWB Indicators – Lesson	HWB 2-01a, HWB 2-02a, HWB 2-03a, HWB 2-04a, HWB 2-05a, HWB 2-08a, HWB 2-09a, HWB 2-10a, HWB 2-13a, HWB 2-14a, HWB 2-14b, HWB 2-16a, HWB 2-17a, HWB 2-15a, HWB 2-19a, HWB 2-20a	
HWB Indicators – Activities	HWB 2-12a, HWB 2-18a	
What's Included		
The lesson includes a 21-minute film called Lucky Break. This film looks at the struggles of a young carer, Emily, who cares for her grandmother who has dementia. Emily's frustration at her own situation builds and she takes this out on a disabled peer, Matthew. The film and lesson raise awareness of bullying and how incidents can quickly escalate to a hate crime. Certificate available for lesson completion.		
Lesson Includes	<ul style="list-style-type: none"> • Different disabilities (hidden and visible) • Additional short videos about the I Am Me Teddies and their disabilities (blind, cerebral palsy, autism and anxiety) • Additional section in the lesson explaining dementia • Additional video about epilepsy and mental health. • Explains mental health and fight or flight theory • Highlights that sometimes people behave in a certain way because they may need a little extra help or might have other things going on at home. • That disability does not need to hold you back • Highlights that everyone is different (colour of hair/ skin/ eyes, where we come from, height etc) • Describes bullying, what hate crime is, the consequences of these and how to report them safely. • The importance of being a good friend and not being mean to others because they are different. • Highlighting how behaviour can impact on others. • Who children can talk to if they are worried • Includes quiz to re-cap lesson 	
Additional Activities Included		Resources
P7 Myth Busters - Busting myths about disabilities, bullying and hate crime.		No resources required
Teacher Led Activity		
Keep Safe – Promoting keeping safe and helping others. This activity can encourage teamwork and project building. Promoting safer communities		May require pens and paper