

Lesson 1 – Why travel independently?

Lesson Overview	- Encourage the students to think about the benefits of independent travel; investigate possible worries and concerns around travelling independently and dispel them.
Lesson Objectives	<ul style="list-style-type: none"> - List different ways to travel - Consider the advantages and disadvantages of different ways to travel - Investigate possible problems and concerns about travelling independently
Lesson Outcomes	<ul style="list-style-type: none"> - Motivate students to want to travel independently - Consider solutions to common problems and concerns around travelling independently

Time	Activity	Resources
Starter		
5 min 5 min 10 min	<ul style="list-style-type: none"> • Ask the students to list as many forms of transport as they can. Create a list of these on the board. • Ask the group which form of travel they use the most. What are the advantages and disadvantages of the different types of travel we use? E.g. busses are faster than walking but walking is free and helps to keep you fit etc. Write these advantages and disadvantages next to each of the ways to travel on the board. • In pairs allow the students to discuss where they would like to go if they could travel independently e.g. cinema, school, friend's house, ice skating etc. Feedback some of the answers as a group to motivate group to want to travel. 	<ul style="list-style-type: none"> • White board and pen
Main		
15 min 10 min 10 min	<ul style="list-style-type: none"> • All of the students will have listed somewhere that they would like to travel to but many of them may have worries about travelling independently. In pairs give the students the 'Problem page' worksheet, they are to read the letters sent and write a reply to help the person overcome their worries about travelling independently. • Feedback some of the groups responses. • What worries do the students have about travelling independently? What advice can the class give to overcome this? 	<ul style="list-style-type: none"> • Problem Page worksheet
Review, reflect and assess		
5 min	<ul style="list-style-type: none"> • Reinforce the positives of travelling independently and explain that all worries and problems can be over come with help and practice. 	



Problem page

Dear Dr Sue

I want to start getting the bus to school in the morning with my friends, but I'm really worried that if I'm late I'll miss the bus and then not know what to do. What can I do?

Answer.

Dear Dr Mike

I want to start walking to my friend's house on my own, but my Mum always wants to walk with me. How can I show her that I am ready to walk on my own?

Answer.
