

Lesson 3 Managing behaviour

Lesson Overview	- Consider possible consequences arising from lack of preparation when travelling independently; examine triggers to negative emotions and how to overcome them; investigate students responsibilities to themselves and others when travelling independently.
Lesson Objectives	- Examine the responsibility that accompanies independent travel. - Consider the consequences of lack of preparation - Investigate how stressful travelling can result in poor behaviour
Lesson Outcomes	- Understand their responsibilities to themselves and others when travelling independently - Be aware of the importance of planning a journey - Create strategies to minimise the chances of stress when travelling independently.

Time	Activity	Resources
Starter		
10 min	<ul style="list-style-type: none"> Teacher led discussion about students' responsibilities when travelling independently. The student's first responsibility is always to their safety but they must also consider how their behaviours and actions may affect others. As a class create a list of behaviours that would be unacceptable when travelling independently. 	<ul style="list-style-type: none"> White board and pen
Main		
15 min	<ul style="list-style-type: none"> Travelling independently can be quite stressful, especially for students just starting to travel on their own. This can lead to poor behaviour that is uncharacteristic for the pupil. As a class read the 'What a journey!' story. 	<ul style="list-style-type: none"> What a journey! – story What went wrong? – worksheet.
15 min	<ul style="list-style-type: none"> In pairs the students complete the 'What went wrong?' worksheet. 	
10 min	<ul style="list-style-type: none"> Feedback the answers as a group and discuss how Carl's journey could have been improved. 	
Review, reflect and assess		
10 min	<ul style="list-style-type: none"> Reinforce the benefits of independent travel and how it is within the reach of your students. Explain that there is help available to students who want to start travelling independently and make sure the students know where and how to access it. 	



What a journey!

Carl's alarm clock started beeping at 7:15. Half asleep Carl lent over and pressed snooze. It felt far too early to be getting up. It went off again at 7:20, then 7:25, then again at 7:30 but Carl wanted, "just five more minutes in bed!"

Finally Carl's mum shouted up the stairs, "Carl, are you up yet?! It's quarter to eight, you're going to be late!"

Carl jumped out of bed; his bus for school was at ten past eight. He would have to rush. He quickly put on his school clothes, picked up his bag and went running down stairs.

His mum was in the kitchen and shouted through "Don't go without having any breakfast!" But Carl had no time to stop and eat or he would miss the bus.

He went out of his house and started running down the street. Suddenly a horn beeped really loudly. Carl jumped and saw that he had nearly run out behind a car. He waited whilst the driver backed out of his driveway, quickly apologised and on he went.

He turned on to the main street to get the bus but could not believe how busy it was. The pavement was packed with people going to work and to the shops. He started to try and run down the road but he kept bumping into people. He was beginning to get more and more annoyed. He was going to miss his bus because people were getting in his way. He stepped on to the road and started to walk down the side of the road near the pavement. This was better, there was no one in his way. People were starting to look at him really strangely, and told him to get on to the pavement. They did not seem to realise that it was their fault he was late.

HONK! HONK! Carl looked up and saw the biggest lorry he had ever seen heading straight for him. He quickly jumped on to the pavement and bumped into a man. Carl was really angry now so said something he had never said before "Why don't you watch where you are going! You're in my way." and off he went leaving the man amazed someone had been so rude.

Carl finally got to the bus stop with a couple of minutes to spare and started to relax a little. He had got there on time. He might be a little hungry but he would be all right when he got to school because they doing cookery today, so he could eat some of that. Cooking! Oh no, Carl suddenly realised he had left his cookery equipment at home. He thought he would pack it in the morning but because he was in a rush he had forgotten to do it. He would have to ring his Mum when he got to school. She would have to bring it to him. But his mum was working today, maybe she wouldn't bring it! Carl could not believe it, he was going to miss cookery, one of his favourite lessons, and he

was hungry. He was so angry he wanted to hit something. Everything had gone wrong, so he started to kick the bus stop, just as the bus turned up.

"Hey!" Carl turned round to see the bus driver looking at him. "Don't kick that, you might break it"

"He won't care" came a voice behind him. Carl turned to see the man he had been rude to earlier "He bumped into me and was very rude."

Carl had never behaved like this before, but he was just so angry! At least the bus was here now and he could get to school. He went to get on when the bus driver said,

"Well I don't know if I can let you on the bus if you're going to get in the way of other passengers and try to break things."

What went wrong?

In pairs answer the following questions about the story you have just read. You can write your answers below the questions.

1. What was the first thing that Carl did wrong?

2. Why was Carl late?

3. What could Carl have done to make sure he was ready for school?

4. Was did Carl do on his journey that showed bad road safety?

5. Why was Carl rude to the man he bumped into?

6. What should Carl have done to calm down when he was at the bus stop?

7. By losing his temper Carl got himself into more and more trouble, if you were the bus driver would you let him on the bus?

8. What can Carl do to make sure this doesn't happen again?

9. What can you do to make sure something like this doesn't happen to you?

10. Do you know how to stay calm if things aren't going well?
