

Flow Chart:

Simply Stronger- Energy Boosts vs. Energy Drains, In and Out of the Classroom

**Opening Game – Continuing Peer Pressure:
Into the Bin and Out of Our Lives.**

**The Difference between
Energy Boosts & Energy Drains.**

Who can Define Energy Drains?
*Simply Me – Surviving Primary School,
Peer Pressure Vs. True Friends,
p. 26 – the section on Energy Drains.*

Who can Define Energy Boosts?
*Simply Me – Surviving Primary School,
Peer Pressure Vs. True Friends,
p. 63 – the section on Energy Boosts.*

Stories:

***True Friends Don't Have Secrets, Simply Me –
Surviving Primary School, Peer Pressure Vs. True Friends, p. 35.***

***Painful Fashion, Simply Me – Surviving Primary School, Peer
Pressure Vs. True Friends, p. 45.***

***Couple's Dance, Simply Me – Surviving Primary School, Peer
Pressure Vs. True Friends, p. 64.***

***The Scottish Farmer, Simply Me – Surviving Primary School, Peer
Pressure Vs. True Friends, p. 74.***

Going Deaf, Simply Me Podcast.

A Game: The Human Train

What are the conclusions from the game?

The Main Game:

Energy Boosts versus Energy Drains.

Quizzes:

Quiz – Do You Keep Things Secret?

*Simply Me – Surviving Primary School,
Peer Pressure Vs. True Friends, p. 43.*

Quiz – Do you Spread Rumours and Gossip?

*Simply Me – Surviving Primary School,
Peer Pressure Vs. True Friends, p. 60.*

Quiz – Do You Let Fashion Control Your Life?

*Simply Me – Surviving Primary School,
Peer Pressure Vs. True Friends, p. 86.*

Question:

**Are the following Energy Drains or Energy Boosts or both,
and why?**

- Secrets
- Rumours and gossip
- Fashion trends (if I really like it, not because I have to)
- Love (if it's not disappointed love)
- Friends (if they are real friends)
- Verbal Abuse

Topic summary.