

## 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.**



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Empowering Teachers To Empower Students