How are ThoughtBox lessons structured?

Each topic contains four PowerPoint lesson plans (60 minute lessons) to explore the topic in depth, allowing pupils to:

1. Immerse into the topic (lesson 1)
2. Understand why the topic is important (lesson 2)
3. Explore perspectives and opinions on the issue (lesson 3)
4. Feel empowered taking positive actions moving forward (lesson 4)

Lessons are broken down into smaller sections to allow flexible use across school timetables and lesson timings.
In this lesson you will need:

- Internet access
- Projector and screen
- Speakers
- ThoughtBox scrap-book (or paper)
- Pencils and pens

Here's a list of the resources you will need for this lesson.
LESSON 2
THE POWER OF WORDS
TOPIC: JOURNEYS
In this lesson, students will:

**THINK**
Think about some of the labels and language that is used when talking about immigrants and refugees

**FEEL**
Understand how the words we use and the labels we give people can affect the way they feel about themselves

**CONNECT**
Explore and unravel the way that language and labels can influence our responses to people and how we connect to them
UNDERSTANDING THE LABELS

20 MINUTES+
In the last lesson in this topic, we learned the meaning of two words:

**Immigrant**

**Refugee**

Can you remember the meaning of these two words? Talk to the person next to you and see if you can remember. Share your ideas with the class. (*Definitions are on the next slide)*
An **immigrant** is someone who travels to a country and hopes to settle there more permanently.

They have a wish to make the new country their new home and don’t plan to go back home anytime soon.
A refugee is a person who has had to leave their home because it is too dangerous for them to stay and they need to be protected by another country.

People who become refugees might either stay somewhere temporarily until the danger in their home country has ended or they can apply for asylum* in a new country and try to stay there to start a new life.
We also learned about the meaning of the word ‘asylum’ last time. Do any of you remember what this word means?

**ASYLUM = protection or safety**

Many refugees spend time living away from their homes until the danger has passed and then can return home to safety. However, for many people, the danger in their country doesn’t end and they are not able to go home as it is not safe. Therefore their only choice is to try and find safety in a new home. This means they have to **seek asylum** in a new country.
These three words and phrases may be words that you have heard spoken about in the news, on the television or in other places:

- Immigrant
- Refugee
- Asylum Seeker

They are words that are often given to people as labels and are sometimes used in a negative way.

Some people do not really understand what these words mean, and often forget that the person has not chosen to be given that label.
Often when we first meet people who are different from us, we use labels to help us to understand who they are.

Sometimes these labels help us to connect to other people, but sometimes these labels make us feel very distant instead.
What is a label?

All of us will have been given labels at some point in our lives. For example we might be called:
What are some of the labels that you have been given?

On a piece of paper, write down some of the labels that you have been called in your life.

Next to each word, put a SMILE 😊 or a FROWN 😞 to represent whether you like this word | label or not.
Although sometimes it is useful for us to label people to know a little bit about them, it can also be quite harmful as labels can spread negative ideas or be used in a limiting way.

One of the biggest problems with giving people a label is that it means we only see one part of who they are.
For example, if you were only ever called “cheeky” (because you are quite funny and good at telling jokes), people might not ever know that you’re really good at maths, love running and acrobatics, have a pet dog called Alfie and want to be an astronaut when you grow up.

You are just “cheeky”.
If we call someone a **refugee** or an **immigrant**, how much do we know about who this person is?

Talk to the person sitting next to you and share your ideas. Then share together as a class.
Often when we label people with words that we don’t have in common, we are able to keep them separate from ourselves and see them as different, rather than as someone who is very much just like us.
LOOK BEHIND THE LABELS

20 MINUTES+
Across the world, many countries are welcoming immigrants and refugees who have had to flee from their own homes and countries because it is too dangerous to stay.

Some people stay in temporary camps (we will learn about these later on) whilst other people try and find safe places to stay in towns and communities.
Right now, there are millions of people across the world who have become refugees and looking to find somewhere safe to live.

Being a refugee is an experience they are going through.
Refugee is not an *identity*,
It is a life experience.

Think about what how we often label people and see them as only that.

For example, calling someone a “refugee” stops them from being anything other – they are no longer the doctor, sportsperson, singer, artist, father, daughter etc. that they actually are.
To access the rest of this lesson plan and the full Primary Curriculum simply **subscribe as a member** to begin your Learning Journey.

[thoughtboxeducation.com/membership]
JOURNEYS

THIS SORT OF LEARNING CAN’T WAIT