

Religious Education

This week we are going to look at how we are influenced by other people. Jot a list of people/things you believe have an influence on you in some way.

Key points to consider:

- *How do people/things influence us?*
- *How do I influence others?*
- *In what way would the influences in my life have been different five years ago*

OUR DECISIONS and behaviours are influenced by internal and external factors: e.g. our needs, perceptions, values, family, friends, media, and our community.

Understanding how we are influenced helps us to make informed decisions and to have more control in our lives.

Have a look at this table and answer the questions! Use a scrap piece of paper to record them 😊

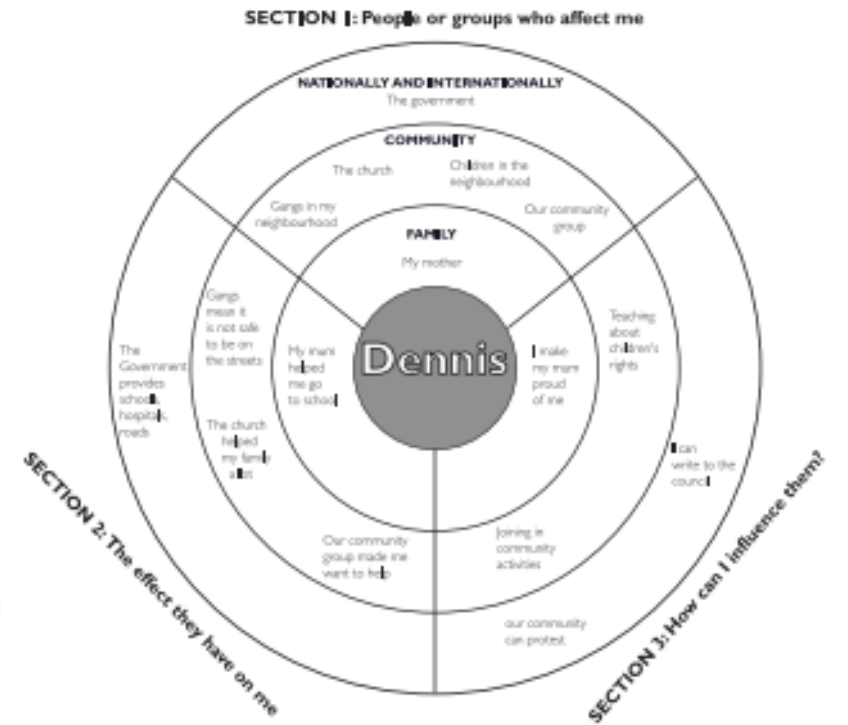
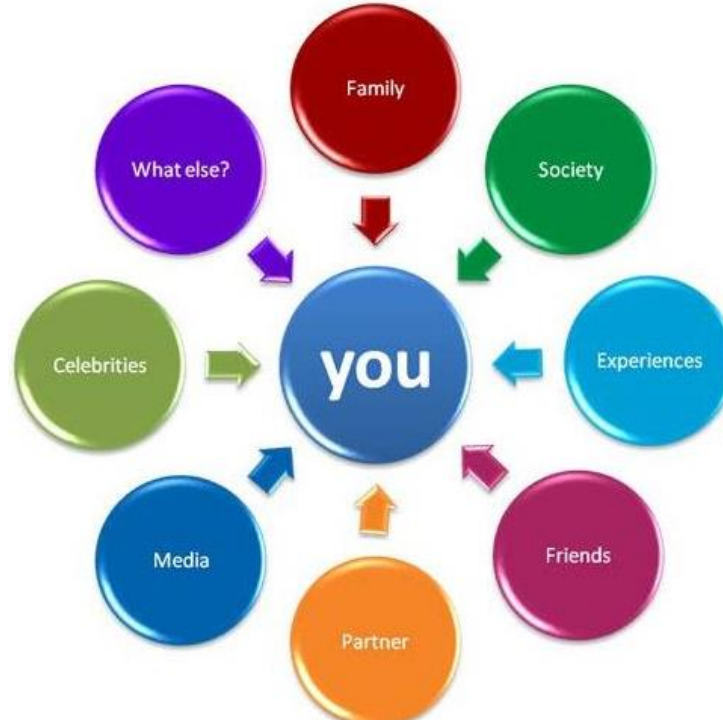
WHO INFLUENCES	PARENTS	FRIENDS	TEACHERS	TV	SONGS	POP STARS	OTHERS
What you wear							
How you have your hair							
What you do after school							
Who you meet in the evenings							
How hard you work in school							
What TV you watch							
What videos you watch							
What you buy with your pocket money							
What subjects you take in school							
What time you go to bed							
What sports you get involved in							

Main Activity:

Draw yourself and write all the things that influence you around (e.g: sister, friends, clubs, religious groups...)



Extension: Write the effect they have on you.
How can you influence them?



Challenge:

How can I use people as an inspiration?

- Select a 'hero'/someone who has a positive influence on you/someone you admire
- Prepare a short presentation (written/poster/drawing.....)

Key points to include:

- *What I like about him/her*
- *What I don't like about him/her*
- *How I'd like to be like him/her*