

<b>Subject:</b> Being a good friend	<b>Targeted Year Group:</b> Y5-6	<b>Length of Lesson:</b> 55 mins
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### Learning objectives:

- Recognise what being a good friend is
- Recognise in themselves when they have perhaps not been a good friend
- Set goals they can do themselves
- Share kindness in and outside of school

Time	Lesson structure	Teacher notes/structure
15 mins	<p><b>Opening activity:</b></p> <p>Split your young people into groups and distribute the 'I will be a good friend' cards on the table. Ask your young people to look at the cards but not take one at this point. Encourage your young people to answer questions on the 'Good friend is' worksheet. After completing the worksheet, but before designing the poster, ask learners to take a card that appeals to them.</p>	<p>Encourage your young people to answer questions on the 'Good friend is' worksheet. Use your own examples, share a story.</p>
20 mins	<p><b>A good friend is...?</b></p> <p>Explain, if needed, what each card means and get your young people to go around the room and act out what it says on their card. Once they have done that, swop the card with the person they spoke to and move on to someone else.</p> <p>Explain that each act must be done with sincerity and genuineness. Once they have spoken to everyone in the class, get them to return to their seats and ask them to share how it felt to be kind to other people, with questions such as:</p> <ol style="list-style-type: none"> <li>1. Which card instruction did they find hardest?</li> <li>2. How did it feel to be kind to someone?</li> </ol>	<p>Explain, if needed, what each card means and get your young people to go around the room and act out what it says on their card.</p>

20 mins	<ol style="list-style-type: none"> <li>3. How did it feel when someone said something kind to you or offered to help with something?</li> <li>4. How can you tell if someone was not being nice to you?</li> <li>5. How does that make you feel?</li> <li>6. Why do some people stop being friends with other?</li> </ol> <p>Once you have made a friend, what can you do to make sure you remain good friends?</p> <p><b>Final activity:</b></p> <p>Design a poster based on words of what constitutes a good friend, such as CARING - Clever, Amazing, Radiant, Interesting, Nice, Grateful. Or think of words associated with being nice and a good friend and draw a picture such as a flower that reminds them of that word. On the flip chart paper, either write yourself, or get young person to write positive words on the sheet to help others that may struggle to think of words for their poster.</p>	<p>This could be an opening conversation for exploring misunderstandings or rumours being spread. Encourage behaviour such as loyalty, trust, respect, honesty, caring, shared interests, etc.</p>
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## A Good Friend is...?

List the qualities you want in a good friend, such as good at listening, being kind.

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How do you want your friends to treat you?

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How do you treat your friends?

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If you have not treated your friends in a way you want to be treated, list 5 ways in which you can be a kinder friend.

1. -----
2. -----
3. -----
4. -----
5. -----

Think about the friends that you have. How could you improve your relationship with them?

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Using the 'I will be a good friend by...' cards, think about how many of them you already do. Then think about how many more you can do this week.

Write down which ones you will find the easiest to do.

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Design a poster, using positive words, that demonstrates what a good friend is.

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**I will be a Good Friend by...**

**SAY SOMETHING NICE ABOUT THE  
PERSON YOU ARE SAT NEXT TO**

**OFFER TO HELP SOMEONE WHO IS  
HAVING DIFFICULTY IN YOUR CLASS OR  
LESSON**

**APOLOGISE FOR SOMETHING YOU DID BY  
ACCIDENT (OR NOT)**

**INVITE SOMEONE WHO IS SAT ALONE, TO  
SIT BY YOU FOR LUNCH**

**TELL SOMEONE WHEN THEY DID  
SOMETHING GOOD**

**GREET SOMEONE WHO ENTERS YOUR  
CLASSROOM WITH A SMILE**

**THANK SOMEONE FOR HELPING YOU,  
WHETHER IT IS IN OR OUT OF SCHOOL**

**GO OUT OF YOUR WAY TO INTRODUCE  
YOURSELF TO SOMEONE YOU HAVE NOT  
SPOKEN TO BEFORE**

**FIND OUT SOMETHING NEW FROM  
SOMEONE THAT YOU ALREADY ARE  
FRIENDS WITH**

**TELL YOUR FRIENDS WHAT THEY DO FOR  
YOU, THAT MAKES YOU HAPPY**

**I will be a Good Friend by...**

**FIND OUT SOMETHING NEW FROM  
SOMEONE THAT YOU ALREADY ARE  
FRIENDS WITH**

**TELL YOUR FRIENDS WHAT THEY DO FOR  
YOU, THAT MAKES YOU HAPPY**

**ADMIT TO DOING OR SAYING SOMETHING  
THAT MADE SOMEONE ELSE FEEL BAD**

**ASK FOR HELP IF YOU NEED IT**

**COMMIT TO GIVING A COMPLIMENT TO  
SOMEONE EVERY DAY**

**BE THE BEST FRIEND THAT YOU CAN BE**