

Subject: Help with friendships: Learning how to manage change in our relationships with one another	Targeted Year Group: 3-6	Length of Lesson: 50 mins
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Learning objectives:

- Children consider the qualities of a friend
- Children understand how to make friends
- Children understand that relationships can change
- Children learn how to manage changes in their relationships with one another.

Time	Lesson structure	Teacher notes/structure
Intro	In this lesson we are going to consider what it means to be a friend, the ways in which our relationships can change, and how we can manage changes in our relationships.	You may want to circulate handout with person outline.
10 mins	<p>Activity One: The qualities of a friend</p> <p>Ask the children to draw an outline of a person and to write down all the qualities they look for in a good friend. Share these together as a class and discuss. E.g. 'Sense of humour', 'Helpful', 'Kind', 'Likes sports', etc.</p>	
10 mins	<p>Activity Two: Making friends</p> <p>How do we become friends with other people? Put the children into pairs and ask one person to play themselves, the other an alien who has just landed. What might they do to become friends? Ask the children to act out the scene and then share it with the class if they are comfortable.</p> <p>Consider together the different ways we make friends. This could include:</p> <ul style="list-style-type: none"> - Introducing ourselves - 	

15 mins

- Asking the other person about themselves.
- Sharing something about ourselves.
- Asking the other person if they would like to play with us or do something with us?
- Showing kindness to the other person.
- Helping the other person.
- Sharing food with the other person.

Activity Two: Understanding that relationships can change

Explain that while some of us may have a best friend for life – it is much more likely that we will have different friends throughout our life. Some of these relationships will last, some will come to an end. In fact – it can be helpful to have a few friends, rather than one best friend – exactly because friendships can come to an end.

How do we feel at the start of a new friendship?

How do we feel when friendships come to an end?

Ask the children if any of them have heard of an agony aunt or uncle? Explain that they are writers who give advice to people about their lives, loves and relationships.

Share the following letters/emails and ask the children to either write down or share, the advice they would give to the person writing to the agony aunt.

Dear Agony Aunt/Uncle,
 Thomas was my best friend since nursery. We always did everything together, spent every break together, played football together and even went to each other's houses in the holidays. Since Jack has started at our school, Thomas doesn't

For older children you may want to share an appropriate excerpt from 'Tiny Beautiful Things: Advice on Love and Life from Dear Sugar' by Cheryl Strayed. You could also access the Agony Aunt worksheet from Twinkl (see <https://www.twinkl.co.uk/resource/agony-aunt-activity-sheet-t-tp-7113>).

15 mins	<p> speak to me much anymore. He always wants to play with Jack and leaves me out. </p> <p> I feel sad and don't know what to do. How can I make him be my friend again?' Yours, Cody. </p> <p> Ask them to think about: </p> <ul style="list-style-type: none"> - How is Cody feeling? - What can Cody control? - What can't Cody control? - What else might he need to do to feel better? <p> Dear Agony Aunt/Uncle, I have been friends with Jade for years and I do like her, but in recent months she has started to get on my nerves. She says a lot of unkind things about other people and I'm worried people think I'm like her because she's my friend. She once got me to steal something from the shop and I still feel bad about it now. I care about her, but I don't want to be her friend anymore. How do I tell her without hurting her feelings? Yours, Sam </p> <p> Ask them to think about: </p> <ul style="list-style-type: none"> - How is Jade feeling? - Is Sam being a good friend? - How could Jade explain how she is feeling? - When might it be right to end a friendship? <p> Explain to the children that it can be difficult when friendships come to an end. We may feel hurt, sad, and confused. Now we're going to think about ways we can manage some of those feelings. </p>	<p> You may need to be mindful/ adapt this exercise if you are aware that any children have lost a friend through bereavement. Children may naturally bring this up, so it is important to be prepared. Coming to terms with the death of a friend is different to managing the end of a friendship. Winston's Wish are a charity with some great resources on this subject – see https://help2makesense.org/. </p>
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Activity Three: Managing change in our relationships

Even the best friendships go through difficult times, and some might naturally come to an end. It is okay to have big feelings when our relationships change.

The good news is – we can sometimes resolve our fallouts and be friends again. We have taken friends and turned it into an acronym of things we might want to remember. The children could also make up their own acronym.

Friends will sometimes disagree and fall out.

Remember that we all have good and bad days, and it is okay not to agree on everything.

If you have been hurt by someone else, explain what they have done and how it has made you feel.

Even the best of friendships sometimes come to an end. Be kind and accept there are some things you cannot control

No one is perfect. We all make mistakes. Learn to say sorry when you have hurt someone else, and to forgive other people.

Do not throw away a good friendship over a silly argument. Try to find the funny side as soon as you can and remember everything you love about them.

Sometimes you will have to say goodbye. If the other person is making you feel bad about yourself, or they do not want to be your friend anymore, you may need to accept it's over.

It is okay to feel sad when friendship have come to an end. What are some things you can do to help someone else whose friendship has ended? What can you do to make yourself feel better if you have lost a friend?

You might want to add...

- Tell someone you trust how you are feeling
- Write them a letter that you do not send – it gives you a chance to say goodbye.
- Write down five good memories you had together and then say goodbye. You might want to write them on a paper aeroplane that you then launch (but not at them!)
- Think about everything you have learnt from the relationship. What has it taught you about what you look for in a friend? What might you do differently next time?
- Look for new friends who have those qualities that we talked about at the beginning. Remember it may take time, but if you are friendly and kind to others, you will find a friend.