



## FRIENDSHIP FRIDAY

# Being a Good Friend Lesson Plan

<b>Subject:</b> Being a good friend	<b>Targeted Year Group:</b> Y5-6	<b>Length of Lesson:</b> 55 mins
<b>Learning objectives:</b>		
<ul style="list-style-type: none"> <li>• Recognise what being a good friend is</li> <li>• Recognise in themselves when they have perhaps not been a good friend</li> <li>• Set goals they can do themselves</li> <li>• Share kindness in and outside of school</li> </ul>		

Time	Lesson structure	Teacher notes/ structure
15 mins	<p><b>Opening activity:</b> 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.</p> <p>Encourage your young people to answer questions on the 'A Good Friend is...' worksheet. After completing the worksheet, but before designing the poster, ask learners to take a card that appeals to them.</p>	Encourage your young people to answer questions on the 'A Good Friend is...' worksheet. Use your own examples, share a story.
20 mins	<p><b>A good friend is...?</b> 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. Explain that each act must be done with sincerity and genuineness. Once they have done that, swop the card with the person they spoke to and move on to someone else.</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.



**FRIENDSHIP  
FRIDAY**

<p>20 mins</p>	<p>1. Which card instruction did they find hardest?                  2. How did it feel to be kind to someone?                  3. How did it feel when someone said something kind to you or offered to help with something?                  4. How can you tell if someone was not being nice to you?                  5. How does that make you feel?                  6. Why do some people stop being friends with other?</p> <p>Once you have made a friend, what can you do to make sure you remain good friends?</p> <p><b>Final activity</b>                  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 that reminds them of that word.</p> <p>On the flip chart paper, either write yourself or get a 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.</p> <p>Encourage behaviour such as loyalty, trust, respect, honesty, caring, shared interests, etc.</p>
----------------	---	---



## FRIENDSHIP FRIDAY

### **A Good Friend is...?**

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

**How do you want your friends to treat you?**

**How do you treat your friends?**

**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?**

**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.**

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



**FRIENDSHIP  
FRIDAY**

**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 at  
lunch**

**Greet someone who  
enters your classroom  
with a smile**

**Tell someone when they  
did something good**

**Thank someone for  
helping you, whether it is  
in our out of school**



**FRIENDSHIP  
FRIDAY**

**I will be a good friend by...**

**Go out of your way to introduce yourself to someone you have not spoken to before**

**Admit to doing or saying something that made someone else feel bad**

**Ask for help if you need it**

**Be the best friend that you can be**

**Commit to giving a compliment to someone everyday**

**Find out something new about someone you are already friends with**

**Tell your friends what they do for you that makes you happy**