



Title: Friends and Friendships

Part 1: What is a friend?

Level: SECOND

Links to Curriculum for Excellence

Experiences and outcomes	Benchmarks
<p>I understand that a wide range of different kinds of friendships and relationships exists. HWB 2-44a</p> <p>I am aware that positive friendships and relationships can promote health and the health and wellbeing of others. HWB 2-44b</p> <p>I am identifying and practising skills to manage changing relationships and I understand the positive impact this can have on my emotional wellbeing. HWB 2-45a</p>	<ul style="list-style-type: none"> Identifies different kinds of friendships and relationships. Identifies the skills required to manage changing relationships, for example, tolerance, empathy, loyalty, kindness, resilience, mutual trust and respect. Explains the impact of positive relationships on emotional wellbeing.

Learning Intentions

- Children understand that there are different kinds of friendships and relationships.
- Children recognise that friendships can be built and maintained in their immediate social environments and online.
- Children know that positive peer relationships are good for their health and wellbeing and that of others.
- Children give examples of skills and behaviours that enhance friendships and peer relationships.

Success Criteria

- I can talk about what I want from friendships and what kind of friend I can be.
- I can explain the benefits of friendships and as well as the challenges that come up in maintaining relationships.
- I give examples of things I can do to make and maintain friendships.
- I understand that I do not need to be best friends with everyone, but I can be friendly and kind.

Resources to support this activity

- PowerPoint slides
- A3 Friendship Face prop
- Cards: Positive characteristics a friend can have
- Poems

Activity

1. RSHP learning is enhanced if children can sit together. If possible, start the activity in this way. Begin with an introduction that explains to the children that they will be doing a series of learning activities where they will talk about being a friend. Start with the question on the whiteboard – **What is a friend?** Explore the range of responses. Also explore with the children: *why is friendship important to you?* Then, share the definition (over 2 slides) and check understanding.

What is a friend? A friend is a person who knows you well and that you like a lot. A friend is someone you can trust and will treat you well. You can be friendly with many people, but a friend is a special person to you.
2. **When you have a friend.** Stay in the group circle and explain that you would like the children to think more about what a friend is. Explain that you have questions (6), and that you would like the children to work in a pair and talk with their shoulder-partner. Go through the questions one by one, encouraging partners to chat, get feedback as you go.
 1. **How do you know someone is your friend?**
 2. **What kinds of things do friends do together?**
 3. **What do you like about your friends?**
 4. **What do your friends like about you?**
 5. **What makes a good friend?**
 6. **Where can we meet and make new friends? At school? In the community?**
3. **Friendship Faces: What kind of friend am I?** Explain that you would like the children to work on this back at their tables, but first a bit of explanation. Pre-prepare the prop – A3 size blank sheet (on white paper or sugar paper) with a face shape drawn in the middle. As you explain, use scissors to cut out the face shape and put it up to your face so that your face is framed. The children are to do the same thing, then all around the face shaped hole they are to write all the characteristics that they believe they possess as a friend. So, if they are kind they would write '*kind*'.

Explain that there are many **positive characteristics a friend can have** (as they may have already identified), but here are some ideas to help. Cut out a set of the characteristics cards (**friendship qualities** prop) for each table where children will work – while they are still sitting together, read each one out from one of the packs, check understanding of the task, stress that these are only to help with some ideas, and get children going.
4. As the children work at their tables, encourage them to help each other if they feel stuck. Encourage some decoration as ideas are recorded.
5. **Sharing.** Explain that you will have the children share their friendship faces over the next few days. To start, have 3 or 4 children volunteer to share (with their faces framed). As they share, encourage children to add their own positive characteristics that the child themselves may not have captured. Take the opportunity to add to this as the teacher/facilitator: *"You know (name) I saw you being really helpful to (name) earlier today, you are often kind to your friends, thank you for that"*.
6. To end, tell the children that over the next few days we will hear some **poems about friends and friendship**. Share one of the poems on the smartboard (or find others you prefer). Remember to have children share their Friendship Faces over the next couple of days. And share a Friendship Poem every day.

Connecting with home

The text below could be used to communicate with home about the activities in this short block of learning.

In this block of activities, children will explore friendship and will be encouraged to think about what they would want from a friend and what kind of friend they can be. The children will explore the positive impact of friendship, as well as some of the challenges that come up in managing relationships. Children can worry about friendships, and there can be fall-outs and arguments between the children. We want to create a class where there is a positive atmosphere and where children get on. We want children to be able to manage the ups and downs of friendships. We will be helping children understand that they do not need to be best friends with everyone, but they can be friendly and kind. As many of the children will be online and may be interacting with people online we will also look at why and how an online friendship may be different from a friend you know and meet at school or out playing. If you have any concerns about your child's relationships and friendships, please do talk with us at school.

Additional ideas

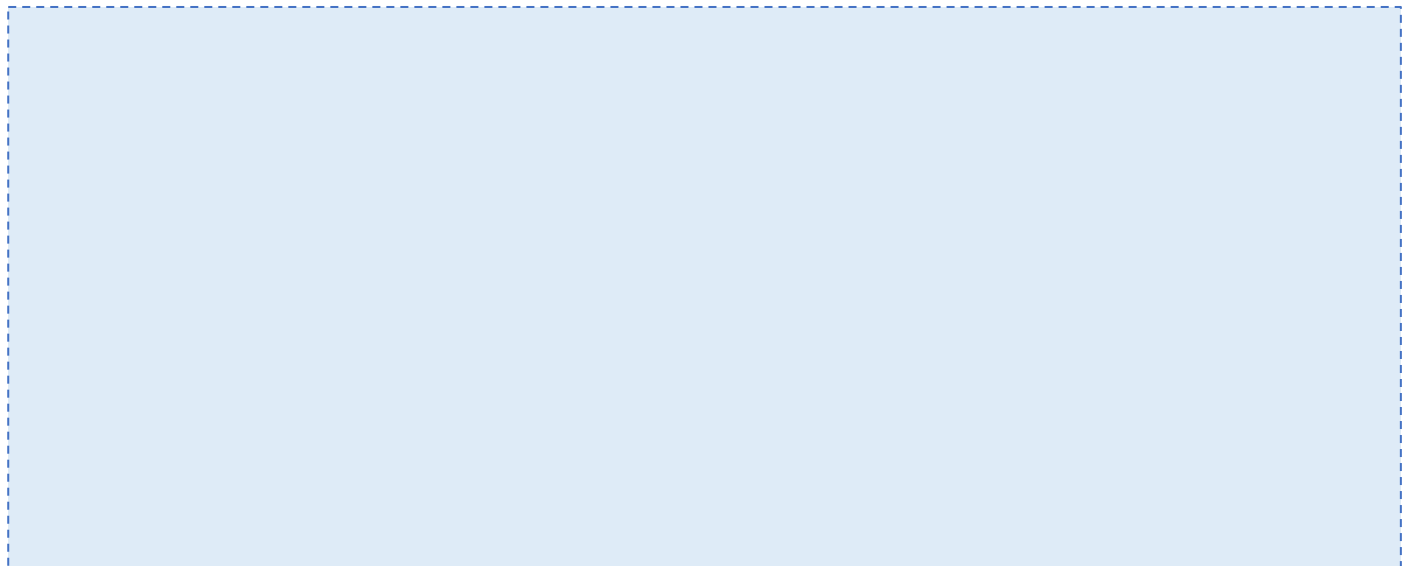
- Once the block of activities is completed encourage the children to take their Friendship Faces home to share.
- Children can write their own short stories or poems on the theme of friends.

Further learning activities are available that connect to this RSHP curriculum content

Making and keeping friends

Online/Offline friends

Practitioner Notes



Suggested Poems

The Pleasures of Friendship

by Stevie Smith

The pleasures of friendship are exquisite,
How pleasant to go to a friend on a visit!
I go to my friend, we walk on the grass,
And the hours and moments like minutes pass.

True Friendship

by William S. Tsoukalas Snr.

The feeling of friendship from the start
Is that special feeling in your heart
A feeling from deep down inside
A feeling that no one should hide
A friend is there through good and bad
They make you happy when you're sad
They brighten up your darkest day
Just by the simple things they say
Now friendship can't be bought or sold
It may get tarnished, and may get old
You can overcome your greatest fear
Just look around and it is there
Now friendship's one and only cost
Is to make sure that it's never lost

Friendship

by Christina Christina

friendship is love but not in love
friendship is a secret never to be told
friendship is a shoulder to cry on
friendship is not having to say sorry but do
friendship is not judging no matter what
friendship is someone to run too when things are
tough
friendship is a hand to hold when things are so
rough
friendship is someone to laugh with not at you
friendship is just knowing they are there
my friend is all of these hope you have one just
like her...

The Best of Friends

by S. Jill Wolf

The best of friends,
Can change a frown,
Into a smile,
when you feel down.
The best of friends,
Will understand,
Your little trials,
And lend a hand.
The best of friends,
Will always share,
Your secret dreams,
Because they care.
The best of friends,
Worth more than gold,
Give all the love,
A heart can hold.