

# Year One

## Lesson 4

Lesson length: 60 minutes

### Unit title: My friends and me

Lesson title: The Friendship Recipe

Year  
1

#### Learning Objectives

To be able to identify the characteristics of a good friend

#### Suggested Activities

Recap on the last lesson and ask the pupils to identify some of the key characteristics of being a good friend.  
Ask pupils to think of different ways that they could share their findings.

#### Relationships and Health Education

##### Learning Outcomes

##### Caring friendships

- how important friendships are in making us feel happy and secure, and how people choose and make friends
- the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties
- that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded

##### Caring friendships

- what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)

##### Respectful relationships

- the conventions of courtesy and manners
- the importance of self-respect and how this links to their own happiness.
- that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority

##### Mental wellbeing

- mental wellbeing is a normal part of daily life, in the same way as physical health
- there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations

*What makes a good friend for you?*

*What kinds of things do you expect to give and receive?*

Show the pupils a picture of a large cake- Ask what does a chef use to make a cake? – Guide the discussion so that the pupils are aware that a cake needs ingredients and that the chef needs to follow the recipe carefully to make a successful cake.

Explain what a recipe is and show a model of a chocolate cake recipe. Highlight that a recipe lists the right amount of each ingredient so that the end result is successful.

There are different ingredients needed to make a positive friendship.

##### Activity Making a friendship cake

- What would be the key ingredients that go in the cake?
- What ingredients would you add on the outside?
- What would you put on the top of the finished cake?

Talk about how the pupils are similar from each other – gender, names, families, things we like, religion, colour of our skin, hair, our clothes, if we have a disability. These are initial ingredients we may choose for our cake however, emphasise that we can choose friends on different characteristics (ingredients) such likes, interests, shared values and these characteristics (ingredients) often become more important.

##### Paired activity -Design your cake

Working with a partner – think about the important friendship ingredients needed to make the best cake. Choose your ingredients and adding the amount of spoonfuls. Then make your cake by sticking them in a tower shape  
Share what you included with the class

- What key characteristics would you add to your cake ingredients?
- Teacher to use one example to model writing the recipe of the friendship cake made with the whole class
- Pupils to support teacher with the recipe by identifying which ingredients were added from the cake made

**Debrief** Pupils can identify at least three characteristics that are important when making and developing friendships.

Finish the sentence stem - I am a good friend because..... (this can be a verbal or written exercise).

#### Unicef Articles

Article: 12, 15

#### Resources

Picture of a cake  
Example cake recipe  
Speech bubble template

#### Key vocabulary

Friend  
Care  
Share  
Look after  
Help  
Choose  
Together

# Year One

## Lesson 4

Lesson length: 60 minutes

### Cake template


Year  
**1**





## FRIENDSHIP CAKE

- 1 cup greetings
- 1/2 cup smiles
- 1 large hug
- 2/3 cup love
- 2 cups hospitality
- 1 teaspoon sympathy



Mix greetings and smiles thoroughly.  
Add hugs separately. Slowly stir in love.  
Sift sympathy and hospitality  
and fold in carefully.  
Bake in warm heart. Serve often

# Year One

## Lesson 4

Lesson length: 60 minutes

## Friendship cake

Year  
**1**



Add the amount of spoons to each ingredient and cut out your circle to make your cake

\_\_\_\_\_

**HUGS**

\_\_\_\_\_

**SMILES**

\_\_\_\_\_

**HAPPINESS**

\_\_\_\_\_

**KINDNESS**

\_\_\_\_\_

**GENTLENESS**

\_\_\_\_\_

**LAUGHTER**

\_\_\_\_\_

**LOVE**

\_\_\_\_\_

**FUN**

\_\_\_\_\_

**SHARING**