

Year One

Lesson 5

Lesson length: 60 minutes

Unit title: My friends and me

Lesson title: Keeping friendships

Year
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Learning Objectives

To recognise how our words and actions can hurt others

To be able to identify actions I can take to resolve a conflict in my friendships

Suggested Activities

Recap from previous lesson: What is a friend and what are some of the main qualities?

Discuss the sort of things pupils do when they fall out with their friends? These might include things like:

- calling each other names
- spreading rumours (you may need to explain what rumours are)
- getting other friends involved or taking sides

Relationships and Health Education

Learning Outcomes

Caring Friendships

- that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded
- that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened and that resorting to violence is never right

Mental wellbeing

- isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support
- that bullying (including cyber bullying) has a negative and often lasting impact on mental wellbeing

Discuss the morality of these actions: Are they right or wrong? Why? What is the impact of such behaviour?

Read the story "Montee the Manatee" by Natalie Pritchard

- What behaviours were good for friendship in the story?
- What behaviours were negative (not so good) for friendship building?
- What advice would you give Monty?

Now ask the class to come up with some positive ideas of what to do if you fall out with your friend.

Make a list on the flip chart - record it as a "Top Tips List for Friendship"

Activity The Ripple Effect - The power of words

Teacher to ask pupils to write their names on post its and bring to the carpet. Standing in a circle- in the centre of the circle are the names of classmate face down on the floor. Each pupil has the opportunity to choose a name from the carpet and say something kind about the person they have selected.

Debrief Highlight that although we may fall out with friends, we can use our words to rectify the situation by saying 'sorry' where necessary, asking for help to resolve the conflict, include the other person in future activities.

Unicef Articles

Article: 3, 5, 12-16, 18, 19, 31

Resources

Monty the Manatee by Natalie Pritchard
Post it notes

Key vocabulary

Angry
Frustrated
Happy
Unsure
Rumours
Conflict
Sorry