



Friendship Lesson for Years 3 - 6

Sample lesson from Partnership for Children's Skills for Life programme, Apple's Friends.



Objective

To improve children's abilities to be a good friend.

Starter - Saying something nice



- Sit with the children in a circle. Explain that each of us is going to say something nice about the person on our right hand side. You can start by saying something nice about the child on your right. Then ask that child to do the same for the child on her/his right – and so on round the circle.



You need

- A picture of one of your friends
- A piece of blank paper for each child

Introduction and agreement



- Tell the pupils that today we will be talking about friendships and what we can do to be a good friend.
- Discuss what being a friend means e.g. they play with us, we like to be with them, they make us feel better when we are sad.
- Refer to your schools PSHE agreement or other relevant rules for running open and confidential lessons. Alternatively, ask the pupils to suggest some rules for the session that will support everyone to feel comfortable e.g. you only have to speak if you want to, one person speaks at a time, we only say nice and positive things to each other. Talk about why these are helpful rules to have in the session.

Activity 1 – My good friend



- Tell the children that everyone likes to have friends and that each of our friends is different. Today we are going to think about what makes a good friend.
- Ask the children to suggest what makes a good friend. Encourage them to think about what is important in a friendship – for example, he listens to me, she is kind, they make me laugh.
- Show the children the picture of your friend. Tell them why you like this person and list four of his or her qualities.
- Ask the children to draw a picture of a good friend on their piece of paper and to write down four things that they like about him or her. Explain that the friend does not have to be in this class – they can be in another class, another school, a family member or anyone else they know. Children can even draw an imaginary friend and write down the qualities that they would like him or her to have.

10m



Activity 2 – What makes a good friend?

- Ask the children to sit in a circle and invite some of them to show the picture of their friend and to say what they have written about them. Write their suggestions on a large sheet of paper. Try to make the list as long as possible and keep it on display after the session, to remind the children.
- Different children will have written different things. You should highlight this and explain that we all look for different qualities in our friends.

10m



Activity 3 – I am a good friend

- Ask the children to think about what makes them a good friend to others. You might need to give some suggestions – I am kind, I like playing with other children, I tell funny stories.
- Ask them to work in pairs. Each child says what makes them a good friend and then the child who has been listening to them can add more ideas. Then the children switch roles. If any children have problems thinking of something, tell them to raise their hand. Then ask other children to say what makes the child a good friend. Stress that we all have qualities which make us good friends, but our qualities differ.

5m



Reflection

- Tell the children to close their eyes for a moment and to think silently about the session. Did they like it? What did they learn? How are they feeling now? Then invite a few children to share their thoughts with the rest of the class.

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