



Learning Intention: to understand the effect of my behaviour

Context: Friendship

Key Words: caring, friends, friendship, certificate of merit

QUOTATION/THEME FOR THE WEEK

IF YOU SEE SOMEONE WITHOUT A SMILE, GIVE THEM ONE OF YOURS

Discuss. Have there been times when you have cheered up someone with your smile? How did you feel?

SILENT SITTING

Step 1: Firstly, sit in a comfortable position on your chairs, or cross legged on the floor. Make sure your back is straight and head is upright. Take a deep breath and relax as you breathe out.

Take another deep breath ... and another ...

Step 5: (Play some music, possibly track 5 of the Silent Sitting CD)

Listen to the music ...

Now let a feeling of love grow in your heart, then let it spread through you ...

Think of someone you know who has been a friend to you and send love to them..

Now think of someone you do not like so much, and send love to them too ...

Step 6: Now bring your attention back to the classroom, open your eyes and stretch, as the exercise has finished. Smile at the person next to you.

How do you feel?

ALTERNATIVE EXERCISE

Step 1: Firstly, sit in a comfortable position on your chairs, or cross legged on the floor. Make sure your back is straight and head is upright. Take a deep breath and relax as you breathe out.

Take another deep breath ...

and another ...

Step 5: Think, I will be kind and friendly to people at school, to family at home and to people I meet.

Step 6: Now bring your attention back to the classroom, open your eyes and stretch, as the exercise has finished. Smile at the person next to you.

How do you feel?

STORY TELLING

WHAT IS A FRIEND

by Trudy Rood

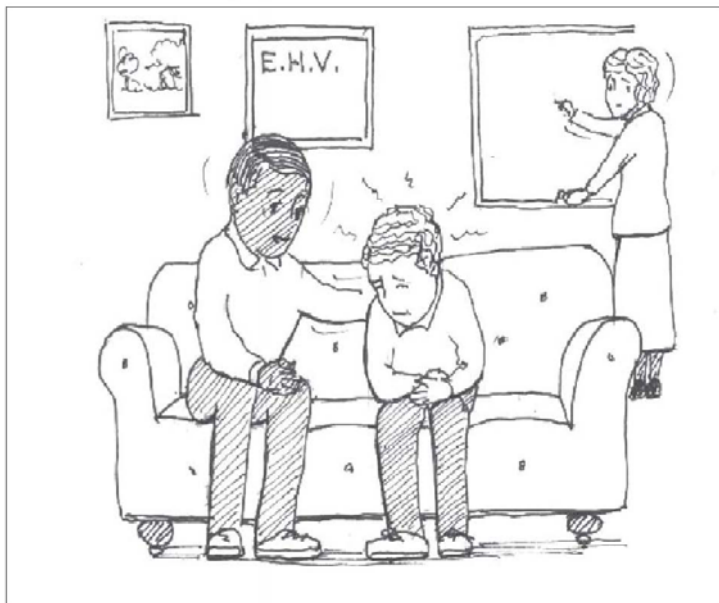
It was quiet and peaceful in the classroom. Some of the children were reading, while others were finishing their written work.

Spencer didn't feel very well. He had had a tummy upset the day before and he still felt a little unwell, although he didn't want to go to the school nurse. He decided to tell his teacher, adding that he wanted to stay in the classroom. The teacher asked him if he would like to sit on the sofa in the book corner.

When the teacher looked up from his desk, where he had been helping a child with his Maths, he noticed that another boy, Wasim, had stopped doing his work and was sitting next to Spencer, with his arm around him, quietly talking to him. Wasim then took a book to read to his friend. The teacher was very happy to see such caring behaviour. He decided to recommend Wasim for a Certificate of Merit for his caring attitude, which would be presented during morning Assembly.

At break time the children went out to play. Spencer, who still felt ill, stayed inside. Wasim asked to stay with him. The teacher smiled, "What a lovely friend," he thought.

After the break, it was story time, which all the children loved. As the teacher was selecting a book and the children were settling down on the carpet, he noticed



that Spencer was lying on the sofa on the far side of the room, and his friend, David, was reading him a story. Again the teacher smiled to himself. "Another very caring person," he thought. "Missing his own story time to read to his sick friend. I'll make two certificates."

Wasim and David smiled happily when the teacher told them they were to be awarded certificates for special kindness. They were surprised too, because they considered it normal to look after a friend who is not feeling well - and now they were to be given an award as well!

"What a strange teacher we have!" they thought later as they proudly collected their certificates.

QUESTIONS:

- 1 How did you feel when you heard the story?
- 2 Did the story remind you of anything in your own life?
- 3 What name would you give to this story?
- 4 Why did Spencer not do his work?
- 5 What did the teacher say to him?
- 6 What did Wasim do?
- 7 Was David a good friend?
- 8 Why did Wasim and David think it was strange for the teacher to award them a merit for what they had done?
- 9 Can you think of a time when someone has been a good friend to you?
- 10 And another?

GROUP SINGING

MAKE NEW FRIENDS

Make new friends, but keep the old.
One is silver and the other is gold.
One is silver, the other is gold.
Make new friends, but keep the old.

Make new friends, but keep the old.
One is silver and the other is gold. *(Repeat)*
The other is gold. And the other is gold.

(Can be sung as a round)

GROUP ACTIVITY

Why I love my friend *(See activity sheet on next page).*

Give each child a copy of the picture of the strawberry. Ask them to write in each section of it a nice word about the friend. Complete the bottom sentence saying why they love their friend. The children may want to fill in more than one.

Extension Exercise / Links to Other Subjects:

Geography and Culture Link:

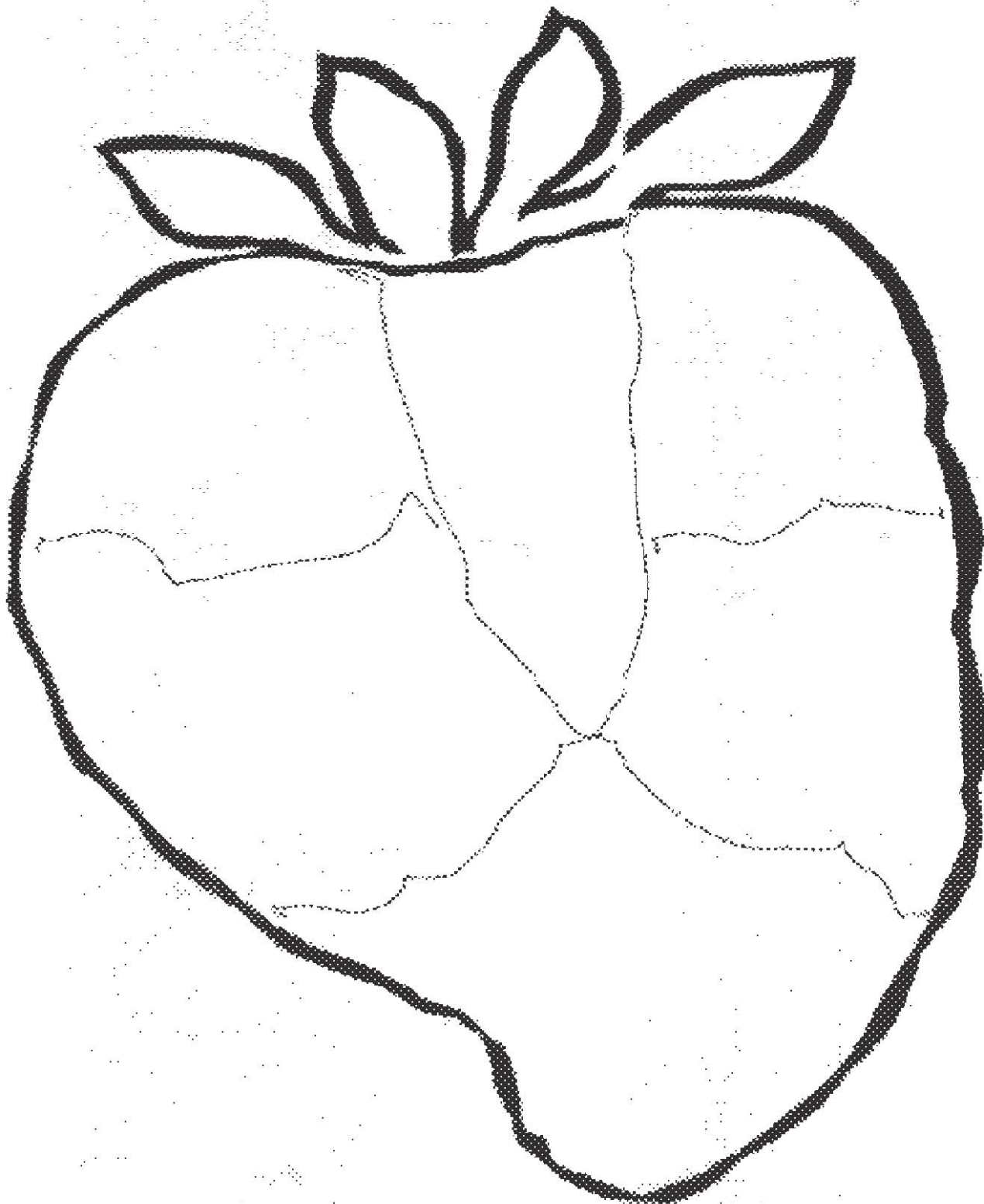
“Our friends from around the world”. By showing the children pictures of other children from around the world, the teacher can emphasise the value of respecting and caring for everyone, not just the people we know and like.

Close the lesson: If the teacher wishes, the lesson can be closed by asking the children to form a circle and say to the child on either side, “I will be kind and friendly to you.”

WHY I LOVE MY FRIEND

My friend's name is

Nice things about my friend are:



I love my friend because