



## Educator guide: Friend code game

### **Recommended for grades:**

5<sup>th</sup> grade

### **Time:**

15 minutes

### **Prerequisites:**

In order for students to be successful in the game, they would benefit from participating in the following Mental and emotional health lesson:

- Friendship lesson (5<sup>th</sup> grade)

### **National Health Education Standards:**

This game aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- Standard 4: Use interpersonal communication skills to support health and well-being of self and others.
- Standard 7: Demonstrate practices and behaviors to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: [shapeamerica.org](http://shapeamerica.org).

### **Learning objectives:**

After completing this game students will be able to:

1. Explain at least one healthy way to manage or resolve interpersonal conflict.
2. Identify two effective peer resistance skills to avoid or reduce mental and emotional health risk.



**Lesson description:**

In this game students will solve word puzzles to unlock a series of doors. Students will choose from four sets of doors. Each set of doors contains a sequence of three locked doors, with the last door leading to one of the characters (Quinn, Devonte, Zoe and Miguel.) Each door is unlocked by solving a fill-in-the-blank word puzzle. An answer key can be found in the transcripts on the following page.

**Vocabulary:**

Use the following list of vocabulary as a reference for yourself and your students as you complete the Friendship code game. You may choose to use this list in any way that fits your needs.

- Conflict - a disagreement
- Emotion - a feeling such as happiness, love, fear, anger, disappointment, excitement, etc.
- Feeling - an emotional state, such as happy, sad, excited, scared, etc.
- Peer pressure - social pressure from friends
- Trusted adult - an adult that you are comfortable with, and can count on, such as a parent, family member, teacher, school counselor, etc.

# Transcript

## Introduction

Welcome to Friend Code. Find your friends by solving word puzzles and unlocking doors.

## Menu

Click the doors to open them and look for your friends.

This door is locked. Solve the puzzle to unlock it.

## Help

Puzzle combination: Use the up and down arrows to change letters and spell the missing word.

Shuffle: The shuffle button will re-scramble the letters. You can do this as many times as you like.

Free letter:

The free letter button will reveal one of the letters in the solution. You can use up to four of these per set of doors.

Clue:

The clue button will give you a hint at the answer. You get one hint per puzzle.

## Room instruction

Click the door to try and open it.

### Puzzle questions (will appear in random order)

Friendships can help you feel \_\_\_\_.

Clue: When you feel this way, you feel secure and protected.

Solution: Friendships can help you feel safe.

If a friend is pressuring you, say no and \_\_\_\_ away.

Clue: You might not run away, but you can certainly do this.

Solution: If a friend is pressuring you, say no and walk away.

A good friend wants you to be \_\_\_\_.

Clue: This is a feeling that makes you smile.

Solution: A good friend wants you to be happy.



A true friend encourages you to do your \_\_\_\_\_.

Clue: A true friend wants you to be the greatest you can possibly be.

Solution: A true friend encourages you to do your best.

A trusted \_\_\_\_\_ can help resolve a conflict between friends, if needed.

Clue: This could be a parent, teacher, or counselor, for example.

Solution: A trusted adult can help resolve a conflict between friends, if needed.

It is important to \_\_\_\_\_ up to a friend who is pressuring you.

Clue: You do not want to sit in this situation. It's better to do the opposite.

Solution: It is important to stand up to a friend who is pressuring you.

A true friend will always \_\_\_\_\_ to you.

Clue: A true friend's ears will help them do this.

Solution: A true friend will always listen to you.

If you are having a \_\_\_\_\_ with a friend, it's a good idea to calm down first.

Clue: These sometimes start with a disagreement.

Solution: If you're having a conflict with a friend, it's a good idea to calm down first.

Being \_\_\_\_\_ is important in a friendship.

Clue: This means telling the truth.

Solution: Being honest is important in a friendship.

A true friend will always \_\_\_\_\_ you for who you are.

Clue: A true friend won't try to change you.

Solution: A true friend will always accept you for who you are.

If you're feeling peer pressure, you can try to \_\_\_\_\_ the situation.

Clue: This will turn the situation around.

Solution: If you're feeling peer pressure, you can try to reverse the situation.

It's important to always remain respectful of your friends' \_\_\_\_\_.

Clue: Another word for this could be emotions.

Solution: It's important to always remain respectful of your friends' feelings.

Quinn found

Great job! You found Quinn. Quinn is a good friend because she is always willing to compromise.



Miguel found

Great job! You found Miguel. Miguel is a good friend because he won't try to change you, and will always support you.

Devonte found

Great job! You found Devonte. Devonte is a good friend because he would not pressure you to do something you're not comfortable with.

Zoe found

Great job! You found me! I am a good friend because I know how important friends are.

Friend menu

Click the menu button to look for your other friends.

Congratulations

Great job! You have opened all of the doors and found all four friends.



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