



## Educator guide: Friendly behaviors lesson

### **Recommended for grades:**

1<sup>st</sup> grade

### **Time:**

6 minutes

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

This activity aligns with the following National Health Education Standards:

- Standard 4: Use interpersonal communication skills 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 activity students will be able to:

1. Identify at least two friendly behaviors.
2. Describe at least two ways to demonstrate active listening.

### **Activity description:**

In this lesson students will learn about four different friendly behaviors, including active listening. Students are encouraged to identify and practice these behaviors to keep their relationships healthy.

### **Pre and post-test questions:**

Use the questions on the following page with your students as you see fit. You may choose to combine questions from various lessons and activities that your students participate in.



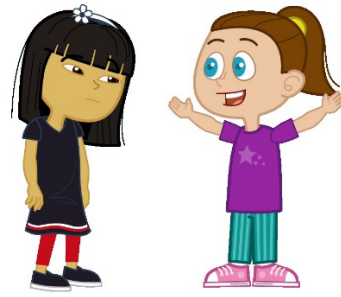
1. Circle the friendly behavior.



a. Pushing others



b. Ignoring others



c. Including others

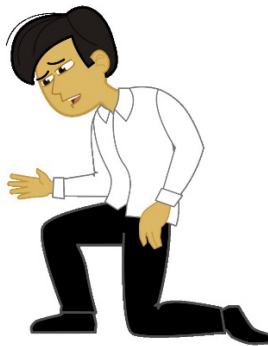
2. Circle the four ways to show active listening.



a. Stand still.



b. Tell a joke.



c. Listen with your ears.



d. Look with your eyes.



e. Close your lips.

## **Vocabulary:**

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

- Active listening – sitting still, using listening ears, watching with your eyes and keeping lips closed when someone is talking to show care and respect.
- Friendly behaviors – actions that help relationships stay healthy
- Healthy – good for your mind and body
- Relationship – a connection between two people that involves showing care and concern
- Trusted adult – a grownup that you are close to and who cares about you, such as a parent, family member, teacher, school counselor etc.

# Supplemental activity: Jar of friendly behaviors

## Objectives:

After completing this activity students will be able to:

- Demonstrate using friendly behaviors.
- Demonstrate active listening skills.

## Materials needed:

- Large poster with friendly behaviors and active listening skills listed
- Large jar
- Marbles, cotton ball or any item to be placed in jar

## Time required:

20 minutes

## Instructions:

Create a large poster listing the three friendly behaviors (share, help and include others) and four active listening skills (sitting or standing still, listen with your ears, look at the other person and lips closed) from the online lesson.

Inform the class that every time you notice a student doing a friendly behavior or practicing an active listening skill, a marble (or whatever item you choose) will be placed in the jar. Encourage students to inform you when they see a friendly behavior or active listening skill, and place a marble in the jar for these instances too.

When the jar is full the class will be awarded a prize of their choosing.

# Transcripts

## Slide 1

Belinda Badger: Welcome back! Today, we are going to talk about friendly behaviors. My good friend Miguel knows a lot about friendly behaviors, don't you Miguel?

Miguel: I sure do! Friendly behaviors help relationships stay healthy.

Belinda Badger: Good point, Miguel. Friendly behaviors are important because they show respect for other people, and help build healthy relationships!

## Slide 2

Belinda Badger: There are a lot of different friendly behaviors we can do every day. Click on each of my friends to learn about a friendly behavior they like to do each day.

Devonte: I always try to share with my classmates. If I have something someone else needs, I think it's important to work together so everyone can have fun!

Quinn: When someone needs help, I always try to give them a hand. If one of my friends drops their books, I make sure to help pick them up!

Zoe: I think it's important to always include other people, even if I don't know them very well. If everyone feels like they belong, then we all feel safe, happy, and accepted!

Miguel: Whenever someone talks to me, I use active listening. That means I make sure they know I am paying attention by how I act!

## Slide 3

Belinda Badger: Active listening is a great way to be friendly and show respect to friends and trusted adults, especially teachers and parents or guardians. Click on the arrows to learn four ways to actively listen.

- Stopping what you are doing when someone is talking to you shows that you are ready to hear what they have to say. Of course, it's okay to move or fidget a little. Just avoid playing or running around when someone is trying to talk to you.
- Listening with your ears means you are using your ears to hear what the other person is saying.
- Watching with your eyes means you are looking at the person who is talking to you and not looking around at other things. When you watch with your eyes, you are able to pay attention and better hear what they have to say.
- When someone is talking to you, your lips should be closed. Wait for them to finish speaking before you respond. That way they know you are listening.



#### Slide 4

Belinda Badger: Watch how Devonte uses a friendly behavior to help Quinn.

Devonte: Hey Quinn, do you want to come color with us? We're having a lot of fun.

Quinn: Thanks, Devonte, but I don't have any markers or crayons, so I can't color.

Devonte: You can borrow some of mine! I've got extra paper too.

Quinn: Oh, okay, thanks Devonte!

Belinda Badger: Which friendly behaviors did Devonte use?

#### Slide 5

Belinda Badger: Watch how Zoe uses active listening to listen to Miguel.

Miguel: Zoe! Did you hear what happened during recess today?

Zoe: I don't think so! What happened?

Miguel: Well, Quinn and Devonte were playing kickball and it was Quinn's turn. She kicked the ball so hard and far, it was amazing!

Zoe: Wow, I wish I could have seen that. Thanks for telling me!

Belinda Badger: Which active listening skills did Zoe use?

#### Slide 6

Belinda Badger: Practicing friendly behaviors with other kids you know is good, but you can be friendly to kids you don't know too! It's important to be friendly with other kids in your class who might not be your friends yet. Including other kids, even if they are different, helps everyone feel good about themselves and accepted in the classroom community.

Miguel: Using friendly behaviors can even help you make new friends!

Belinda Badger: That's right, Miguel! Practicing friendly behaviors helps everyone have healthy relationships with each other. Thanks for learning with us today. We'll see you next time!



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