



# Educator guide: Friendly behavior story creator activity

## **Recommended for grades:**

1<sup>st</sup> grade

## **Time:**

8 minutes

## **Prerequisites:**

Students do not necessarily need previous knowledge to complete this activity, however they may benefit from participating in the following lesson:

- Friendly behaviors lesson (1<sup>st</sup> grade)

## **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 show they are actively listening.

## **Activity description:**

In this activity students are asked to create four stories, each related to a friendly behavior. Within each themed story, students will make different choices about how a character will practice the friendly behavior. Students are encouraged to replay the stories to select different options.



**Pre and post-test questions:**

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



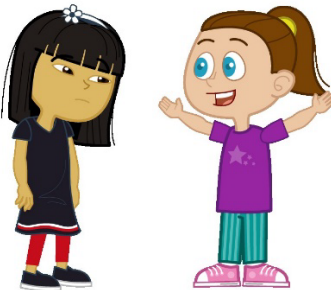
1. Circle the friendly behavior.



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. Lips are closed.



**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

# Transcripts

## Title slide

Friendly behavior story creator

## Instructions

Are you ready to create your own stories about friendly behaviors? Each one of these books contains a story about using friendly behaviors that you will help write. Choose a book and let's start creating!

## Reminder 1

Which book will you choose?

## Reminder 2

Choose a book and help create a story.

## Reminder 3

I can't wait to hear your story.

## Helping book

Quinn was enjoying a beautiful day ... at the beach ... in her back yard ... in the woods.

Beach: Quinn was enjoying a beautiful day at the beach.

Yard: Quinn was enjoying a beautiful day in her back yard.

Woods: Quinn was enjoying a beautiful day in the woods.

She happened to see her friend ... Miguel ... Zoe ... Devonte.

Miguel: She happened to see her friend Miguel.

Zoe: She happened to see her friend Zoe.

Devonte: She happened to see her friend Devonte.

She noticed that her friend was looking for a lost ... dog ... stuffed animal ... ball.

Dog: She noticed that her friend was looking for a lost dog.

Stuffed animal: She noticed that her friend was looking for a lost stuffed animal.

Ball: She noticed that her friend was looking for a lost ball.



Quinn decided to help her friend by ... helping look for it ... finding other people to help look for it ... asking where it was last seen.

Look for it: Quinn decided to help her friend by helping look for it.

Finding others: Quinn decided to help her friend by finding other people to help look for it.

Asking where it was: Quinn decided to help her friend by asking where it was last seen.

After they found what they were looking for, Quinn and her friend were so happy they decided to ... have some ice cream ... dance! ... pretend to be super heroes.

Ice cream: After they found what they were looking for, Quinn and her friend were so happy they decided to have some ice cream.

Dance: After they found what they were looking for, Quinn and her friend were so happy they decided to dance!

Pretend: After they found what they were looking for, Quinn and her friend were so happy they decided to pretend to be super heroes.

### Helping story recap

That was a great story! Quinn showed that it's a good thing to help your friends in any way you can.

### Reminder 1

Which book will you choose next?

### Reminder 2

Choose a book to create another story.

### Reminder 3

I can't wait to hear your next story.

### Create

You can create new versions of each story as many times as you'd like.

### Story choice

Would you like to replay the story you already created, or create a new one?



## Sharing book

Devonte was reading a book ... at school ... in a park ... on his couch.

School: Devonte was reading a book at school.

Park: Devonte was reading a book in a park.

Couch: Devonte was reading a book on his couch.

He was there with his friend ... Quinn ... Zoe ... Miguel.

Quinn: He was there with his friend Quinn.

Zoe: He was there with his friend Zoe.

Miguel: He was there with his friend Miguel.

Devonte noticed that his friend was looking ... lonely ... bored ... sad.

Lonely: Devonte noticed that his friend was looking lonely.

Bored: Devonte noticed that his friend was looking bored.

Sad: Devonte noticed that his friend was looking sad.

He decided to cheer his friend up by sharing ... one of his books ... a snack ... a funny story from lunch.

Book: He decided to cheer his friend up by sharing one of his books.

Snack: He decided to cheer his friend up by sharing a snack.

Funny story: He decided to cheer his friend up by sharing a funny story from lunch.

Sharing this made Devonte and his friend feel ... happy ... like dancing ... like even better friends.

Happy: Sharing this made Devonte and his friend feel happy. The end.

Dancing: Sharing this made Devonte and his friend feel like dancing. The end.

Better friends: Sharing this made Devonte and his friend feel like even better friends. The end.

### Sharing story recap

Thanks for helping create a great story. Devonte's friendly sharing really helped cheer up his friend.

### Including book

Miguel, Devonte, and Zoe were playing together ... at a playground ... in Miguel's yard ... at a park.

Playground: Miguel, Devonte, and Zoe were playing together at a playground.

Yard: Miguel, Devonte, and Zoe were playing together in Miguel's yard.

Park: Miguel, Devonte, and Zoe were playing together at a park.

They decided to play a game of ... tag ... catch ... hide and seek.

Tag: They decided to play a game of tag.

Catch: They decided to play a game of catch.

Hide and seek: They decided to play a game of hide and seek.

Miguel saw his friend Quinn walking by and looking ... upset ... alone ... angry.

Upset: Miguel saw his friend Quinn walking by and looking upset.

Alone: Miguel saw his friend Quinn walking by and looking alone.

Angry: Miguel saw his friend Quinn walking by and looking angry.





He decided to help his friend by ... inviting her to play with them ... telling her a funny joke they were just laughing at ... asking where she was going and if they could come along.

Inviting: He decided to help his friend by inviting her to play with them.

Telling: He decided to help his friend by telling her a funny joke they were just laughing at.

Asking: He decided to help his friend by asking where she was going and if they could come along.

Being included made Quinn feel ... like she has good friends ... like smiling ... like asking more people to join them.

Good friends: Being included made Quinn feel like she has good friends. The end.

Smiling: Being included made Quinn feel like smiling. The end.

Asking: Being included made Quinn feel like asking more people to join them. The end.

### Including others story recap

I love that story! Miguel and his friends really made Quinn feel included, and happy.

### Active listening book

Zoe and her dad were at ... a birthday party ... a grocery store ... a restaurant.

Party: Zoe and her dad were at a birthday party.

Store: Zoe and her dad were at a grocery store.

Restaurant: Zoe and her dad were at a restaurant.

Zoe's dad was talking to her about ... making sure her shoes were tied ... where the bathrooms are ... what time they would be leaving.

Shoes: Zoe's dad was talking to her about making sure her shoes were tied.

Bathrooms: Zoe's dad was talking to her about where the bathrooms are.

Leaving: Zoe's dad was talking to her about what time they would be leaving.

Zoe wanted to make sure she understood what her dad was telling her, so she tried to ... listen with her ears ... wait to tell him the joke she just thought of ... look at him while he was talking.

Listen: Zoe wanted to make sure she understood what her dad was telling her, so she tried to listen with her ears.

Wait: Zoe wanted to make sure she understood what her dad was telling her, so she tried to wait to tell her dad the joke she just thought of.

Look: Zoe wanted to make sure she understood what her dad was telling her, so she tried to look at her dad while he was talking.

This made Zoe's dad ... feel respected ... notice Zoe's friendly behavior ... feel like they trust each other.

Respected: This made Zoe's dad feel respected.

Notice: This made Zoe's dad notice Zoe's friendly behavior.

Trust: This made Zoe's dad feel like they trust each other.



They were both in a good mood when it was time to leave, so they decided to ... stop at the playground on their way home ... make a snack together when they got home ... sing a song in the car.

Playground: They were both in a good mood when it was time to leave, so they decided to stop at the playground on their way home. The end.

Snack: They were both in a good mood when it was time to leave, so they decided to make a snack together when they got home. The end.

Sing: They were both in a good mood when it was time to leave, so they decided to sing a song in the car. The end.

#### Active listening story recap

Thanks for creating a great story! When Zoe practiced active listening it really made her dad feel good.

# Acknowledgements

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