



Educator guide: Friends lesson

Recommended for grades:

3rd grade

Time:

6 minutes

National Health Education Standards:

This lesson 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.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning objectives:

After completing this lesson students will be able to:

1. Write an “ad” for a friend, emphasizing at least three different qualities that make a good friend and share it with the class.

Lesson description:

The Friends lesson teaches students what it means to be a good friend. Students write an online want ad for a friend by using the drag-and-drop technique to fill in the blanks with what qualities they would look for in a good friend.



Vocabulary:

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

- Bullying - when a person hurts another person on purpose, usually repeated over time, and there's usually a difference in power
- Compassion - showing care and concern for another person, including asking a victim if they are ok, inviting them to join you when they are left out, or telling them they didn't deserve to be bullied
- Empathy - being able to show someone that you understand and care
- Exclude - leaving someone out of an activity, including telling someone they can't sit or play with you
- Feelings - emotions, such as being happy, sad, excited, scared, or angry, that can change throughout the day
- Friend – someone who supports you, likes you for who you are and is there to help when you need them

Transcript

Screen 1

Narrator: There are lots of ways to be a good friend. Being a good friend is showing that you care. You can do that with your face, words, and actions. The best thing about being a caring friend is not only do you make someone else feel good, but you feel good, too. Click on each friend to hear some friendly things you can do:

Raj: If your friend looks sad or upset, ask them what's wrong. It shows that you care, and it may help them to talk about it.

Mollie Mai: When playing outside at recess try inviting someone you don't normally play with to join in. It's always nice to include others.

Kate: Sometimes just giving a smile or a friendly "hello!" can show someone that you care. Try saying hello to someone at school that you don't know very well.

CJ: Have you ever seen someone drop their backpack and everything fell out because they forgot to zip it? Instead of laughing at them, help them pick up all their stuff.

Screen 2

Narrator: Being a good friend is important, especially when someone you know is feeling blue. After someone has been bullied, it's important to know what to do. Let's say you see someone at school who made a few mistakes reciting the Pledge of Allegiance during announcements. He's embarrassed, and now to make matters worse, he gets back to class and a couple of kids are teasing him, and making fun of him for his mistakes. What should you do?

First of all, you can say, "Hey, great job! I know you made a few mistakes, but you sounded loud and clear and I think you did a really good job." That might make him feel better. You could also tell him you are sorry that the other kids are making fun of him. This is showing empathy, which means you understand and you care. You could also just ask him if he wants to talk about it. Good friends know how to listen to one another.

Screen 3

Narrator: Some kids make friends easily and some have trouble making friends. Often, kids don't want to be friends with someone just because they're different or they don't understand the other person. Friendship may look different to different people. Next time you come across someone who you don't quite understand, or who may be a little different than you, try to find out more about them. Sometimes when you reach out to someone new you may find a great new friend!

You should also be careful not to exclude anyone on purpose. To exclude means leaving someone out of an activity. It doesn't feel good to be excluded on purpose. So, try to include others, especially if they don't have a lot of friends. Inviting someone to play tag with you at recess could really make their day!

Screen 4

CJ: Hi, guys! CJ here! It's really important to know how to be a good friend. Let's do something fun and kind of different, here, to think about what we might look for in a friend! I'm going to write a want ad for a friend. So, I'm going to write down exactly what I'm looking for in a friend. Check it out!

Wanted: A good friend. Must be dependable, trustworthy, and caring. Must also be good at giving and receiving compliments. Most importantly it must be someone who would never put me down or hurt my feelings on purpose. In return, I promise to do the same for you and be the best listener that I can be (even though I have to work on that sometimes!). I will also try to help you solve problems when you need help. Finally, we will share lots of laughs and have lots of fun together!

Wanna try one yourself? It's pretty cool! What would you wanna put in your ad?

Screen 5

Narrator: Now it's your turn to write a want ad for a friend. Click on the words and drag them into the empty spaces. When you're finished try reading it out loud to the rest of the class. Have fun!

Ad reads: Wanted: A good friend. Must be _____, _____, and _____. Must also be _____. Looking for a friend who might like to _____ and _____ with me. Most importantly it must be someone who would never _____ on purpose. In return, I promise to do the same for you and be the best _____ I can be.

Screen 6

Narrator: Good job! You have completed this activity.



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