



Educator Guide: Friends Lesson

Recommended for Grades:

Kindergarten

Time:

4 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. Recognize behaviors that are friendly and behaviors that are unfriendly.

Lesson Description:

The Friends Lesson teaches students what it means to be a good friend. Students learn the difference between friendly behaviors and unfriendly behaviors. They will also get a chance to practice deciding whether something is a friendly behavior or an unfriendly behavior.



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.

- Friend - someone who supports you, who will like you for who you are and is there to help when you need them
- Friendly - doing things for others that are nice and welcoming, such as sharing a smile, inviting someone to sit or play with you or giving a compliment
- Unfriendly - doing things that are mean or hurtful like excluding someone, calling someone names, hitting or bullying another person

Supplemental Activity: Celebrating Friends

Objectives:

After completing this activity students will be able to:

- Recognize friendly behaviors
- Show their friends they feel happy to have them as friends

Materials Needed:

- Bulletin board or display board
- Large sheet of paper or multiple smaller sheets of paper
- Crayons, markers, scissors, stickers etc.

Time Required:

45 minutes

Instructions:

Discuss how friends help each other and show kindness. Remind students of friendly behaviors they saw in the Friends Lesson.

Inform students that they will be creating a friendship display in the classroom. Students can create posters or collages that represent friendship. They may want to bring in items from home that represent friendship to them. Allow them to be creative. The goal is to create a space in the classroom to celebrate friendship. When the display is complete, bring the class together to look at their work and ask students to share what friendship means to them.

You could also consider using a hallway space which will allow the whole school to see and learn from the ideas your class has about friendship.

Transcript

Screen 1

Gus: Hi, kids! Today we're going to learn what it means to be a good friend. It sure is fun to get a bird's eye view of things! That's the view I get from flying up so high! Today I saw something really cool! When a boy who was new to school was getting off the bus, I saw a kid go right up to him and say hello. That made him feel welcome. And I could see his big smile from way up in the sky! I also saw some girls invite another girl to play on the jungle gym with them. They ran over to her and said, "Hey. Want to play with us? It's lots of fun!" And guess what? I saw another big smile! That makes me happy! I bet it does the same for you.

Screen 2

Gus: There are lots of friendly behaviors that can make people feel good, such as: smiling, saying hello, taking turns, and sharing. There are also unfriendly behaviors that can make someone feel bad, such as: frowning, skipping someone else's turn, not sharing and not letting someone play with you. Friendly behaviors help us be a good friend. Friends care about one another. It's important to be a good friend to others so that everyone feels welcome and safe.

Screen 3

Gus: Today at school, Mollie Mai noticed that Kate looked sad. She went up to her and asked if she was OK. Asking Kate if she was ok showed that Mollie Mai cares about her. What can you do to show a friend that you care?

Screen 4

Gus: Later, at lunch, Kate saw Mollie Mai looking for a place to sit. She waved at her and said: "Sit over here, Mollie Mai, we'll make room for you!" Have you ever invited someone to sit with you or play with you?

Screen 5

Gus: Listen to what happened to Raj today, and then answer his question.

Raj: Today at recess I walked up to a group of kids and asked if I could play kickball with them. One of the kids said: "You can't play with us. These are my friends!" Was that a friendly thing to do?

Yes-Gus: Uh-oh, that wasn't a friendly thing to say. Even if you're playing with your friends, it's nice to let others join too. No one should have to feel like they're left out.

No-Gus: That's right! Not letting someone play with you and your friends is an unfriendly thing to do. It's nice to include others when you're playing. That will make them feel good, and it will make you feel good, too!



Screen 6

Gus: Listen to what happened to CJ today and answer his question.

CJ: Today when I got on the bus, I couldn't find a seat. One kid moved over a little in his seat, so there was no room for me to sit at all. Was that a friendly thing to do?

Yes-Gus: Not letting someone sit with you on the bus is an unfriendly behavior.

No-Gus: That's right! Not letting someone sit with you on the bus is an unfriendly behavior.

Screen 7

CJ: Then one of the other kids, who had a backpack on the seat next to him, moved it so I could sit down. Was that a friendly thing to do?

Yes-Gus: That's right. Sharing his seat with CJ was a very friendly thing to do.

No-Gus: Actually, sharing his seat with CJ was a very friendly thing to do.

Screen 8

Gus: Good job! You have completed this activity.

Acknowledgements

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