



Educator guide: Friendship lesson

Recommended for grades:

5th 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.
- 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.

Learning objectives:

After completing this lesson students will be able to:

1. Explain two healthy ways to manage or resolve interpersonal conflict.
2. Describe how to effectively communicate support for others.

Lesson description:

In this lesson students will learn why friendship is so important, qualities of a good friend, and ways to support a friend. They will learn how to resolve conflict between friends and get out of pressure situations that may occur between friends. There is a worksheet that students can complete as they go through the Friendship lesson.



Pre and post-test questions:

Use the following questions with your students in any way that you see fit (on paper, using a survey tool etc.) You may choose to combine questions from various lessons and activities that your students participate in. Correct answer choices are bolded.

1. Choose two healthy ways to handle a conflict, or disagreement, with a friend.
 - a. **Be honest.**
 - b. Raise your voice.
 - c. Don't say anything.
 - d. **Listen.**

2. Which of the following are ways to show support for a friend? Choose three answers that apply.
 - a. Sharing their secrets with others
 - b. **Listening to them**
 - c. **Encouraging them**
 - d. Trying to change them
 - e. **Going to their swim meets**

Vocabulary:

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

- Adolescence - the period of time when a child begins to develop into an adult, which begins around age 10
- Compromise - to settle a disagreement by listening to each other and both sides giving something up to come to an agreement
- Conflict - a disagreement
- Counselor - a mental health professional who is trained to help people deal with all kinds of emotions, and help come up with different ways to cope
- Feeling - an emotional state, such as happy, sad, excited, scared, etc.
- Peer pressure - social pressure from friends and others around the same age
- Trusted adult - an adult that you are comfortable with, and can count on, such as a parent, family member, teacher, school counselor, etc.

Friendship lesson worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you move through the Friendship lesson. You will need to either save the worksheet to your computer or print it out and write in your answers. If you open the worksheet and forget to save it before typing, you will lose all of your work.

1. What is adolescence?

2. List three qualities of a true friend.

a. _____

b. _____

c. _____

3. List two ways you could show support for a friend.

a. _____

b. _____

4. List four things you could do if a friend was pressuring you.

a. _____

b. _____

c. _____

d. _____



5. List five tips for handling a conflict, or disagreement, with a friend.

a. _____

b. _____

c. _____

d. _____

e. _____

Friendship lesson worksheet answer key

1. What is adolescence?

Adolescence is the period of time when a child starts to develop into an adult, which begins around age 10.

2. List three qualities of a true friend.

Answers will vary, but could include any of the following: wants you to be happy, listens to you, accepts you, encourages you, supports you, doesn't try to change you, they're kind, they're trustworthy.

3. List two ways you could show support for a friend.

Answers will vary, but could include any of the following: listen to them, help take their mind off things, support them, tell them when they're good at things, go to their games, etc.

4. List four things you could do if a friend was pressuring you.

- a. Say no.
- b. Make up an excuse.
- c. Reverse the situation.
- d. Walk away.

5. List five tips for handling a conflict, or disagreement, with a friend.

- a. Calm down.
- b. Be honest.
- c. Listen.
- d. Come up with a solution.
- e. Get help if needed.

Supplemental activity: Friendship role plays

Objectives:

After completing this activity students will be able to:

- Demonstrate two healthy ways to manage or resolve interpersonal conflict.
- Demonstrate effective peer resistance skills to avoid or reduce mental and emotional health risk.

Materials needed:

- White board or SMART board
- Props

Time required:

40 minutes

Instructions:

Review different ways to deal with interpersonal conflict with students. These could include:

- Calming down
- Being honest with each other
- Listening to how each of you is feeling
- Coming up with a solution together
- Getting help from an adult, if needed

Using the SMART board or white board, come up with a list of realistic situations that students may find themselves in with friends where they are disagreeing and finding themselves in conflict.

Next, review different ways to deal with peer pressure coming from friends. Ways to get out of a pressure situation can include, but are not limited to:

- Say no.
- Make up an excuse.
- Reverse the situation.
- Walk away.



Using the SMART board or white board, come up with a list of realistic situations that students may find themselves in with friends where they are feeling pressure to do something that they are uncomfortable with.

Divide students into small groups and assign each group a conflict situation and a peer pressure situation. Give them time within their groups to create a role play that demonstrates a way to resolve the conflict and a way to get out of the pressure situation. Allow them to use personal items, or items that can be found in the classroom, as props. If time allows, have groups volunteer to share their skits, or role plays, with the class.

Transcript

Slide 1

In today's lesson, we're going to talk about friendship, and why friends are so important in life. We will talk about how to support our friends in good times and in rough times. We also know that friends may not always get along, so we're going to learn about how to deal with conflict between friends.

But before we go any further, make sure to open the worksheet and either save it or print it. Complete this worksheet as you move through this lesson.

Slide 2

Friendships are important at every age, but especially during adolescence. Adolescence is just a big word for the period of time when a child starts to develop into an adult, which begins around age 10.

As you get older you may want to start spending more time with your friends, and a little less time with your family. Friendships can give a sense of support and belonging outside of your family. They can help you feel safe and secure. And they can be a lot of fun too!

Slide 3

It's important to choose your friends wisely. You want a friend who is a true friend. Let's do a quick activity to see if we can figure out what makes a true friend. Click on each puzzle piece that you think is a quality of a true friend and drag it to the "True Friend" Circle.

After puzzle is complete: Great job! As you build your circle of friends, remember what makes a true friend. True friends are those that encourage and support you. They accept you for who you are and they don't try to change you. They listen to you and they want you to be happy. They're kind and trustworthy.

Slide 4

There are lots of different ways you can show support for a friend. Click on each of my friends to hear different ways their friends have shown support to them.

Miguel: When my dad moved out I was feeling really bummed a lot of the time. My friends were great though. They'd listen when I needed them to listen. And they'd play video games with me to help take my mind off of things.

Quinn: My best friend comes to almost every one of my soccer games. And I don't think she really even likes soccer...she's just there to support me!

Zoe: I have the best friends! They're so supportive of my writing and drawing. I just do those things because they help me relax, but they're always telling me that I'm really good at them and should do them more.

Slide 5

Friendship isn't always easy though. Sometimes we may feel pressured to do things that we aren't totally comfortable with. Your friends may be pressuring you directly, or you may simply feel like everyone else is doing something, so you should too.

If a friend is pressuring you to do something you're not comfortable with, they might not be a true friend after all. It's important to stand up to them, say no, and let them know that you're not ok with what they're asking you to do. But that's sometimes hard.

There are other things you can try. For example, you could come up with an excuse, or you could reverse the situation and try to convince your friend that what they want you to do isn't the right thing. But sometimes, you just have to walk away and leave the situation if you can.



Slide 6

Sometimes you may have arguments, or disagreements, with your friends, and that's perfectly normal. But you should always remain respectful of your friends' thoughts and feelings.

Here are some tips on handling a conflict, or disagreement with a friend.

- If you're angry or upset, it's a good idea to calm down first. Take some deep breaths or count to ten before talking with your friend.
- Be honest with your friend. Make sure to tell them what is really bothering you and how you feel.
- You will also need to listen to how they are feeling. They may see things differently than you do, and you need to try and understand where they are coming from.
- Once you've both shared your feelings, it's time to try and come up with a solution. Be willing to compromise by talking about ways that you can settle the conflict or disagreement that you both can agree to.
- Sometimes you may need outside help to resolve the conflict. Find a trusted adult such as a parent, other family member, teacher, or school counselor that can help you work things out.

Slide 7

Quinn: It's good to know that it's normal for even the best of friends to have a disagreement every once in a while.

Devonte: Yep! It *is* good to know. And speaking of friends, I need to go find Miguel. I told him I'd help him with his science project after school.

Quinn: Cool! Zoe and I are hanging out at my house tonight too. See you tomorrow!

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