



Educator Guide: Friends Lesson

Recommended for Grades:

1st grade

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. Give examples of what makes a good friend.

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 view video clips of students showing friendly behaviors.



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, likes 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

Supplemental Activity: Good Friends

Objectives:

After completing this activity students will be able to:

- Give at least three examples of being a good friend.
- Demonstrate at least one friendly behavior.

Materials Needed:

- Paper
- Pencil
- Props, as needed for acting out ideas

Time Required:

60 minutes

Instructions:

Discuss with students what it means to be a good friend. What are some ways to be a good friend?

Have students take out a sheet of paper and down the left hand side of the page write each letter of the alphabet. Instruct students that they will be thinking of things that they can do to be a good friend to others. For each letter they should write down one thing, that starts with that letter, that they could do that would be considered a friendly behavior. For example, for the letter “A” they could write “Ask someone to play at recess with me and my friends.” For the letter “T” they could write “Tell an adult when I see someone being bullied.” This activity may take several days to complete. Or, you could have students write one per day until their list is complete. If some students are struggling with the writing portion, you could conduct the activity as a whole class group activity and write down their responses on large paper or a white board for all to see.

Once students have completed their lists have volunteers give some examples from their list. If there is an example that is more action-oriented, ask students to act it out to demonstrate it for the rest of the class. For example, students could practice things like inviting someone who may be alone to join them, and showing care and compassion for others by asking how their day is or making sure they are okay if they are being picked on.



Transcript

Screen 1

Gus: Hi, kids! Today we're going to talk about what it means to be a good friend.

It sure is fun to get a bird's eye view of things! I see everything that goes on at school from up in the sky! Today, I saw a girl trip when she was getting off the bus. She dropped her lunch and the book she was reading. Then I saw other kids run up to her to make sure she was OK, and they also helped her pick up her things. She had a great big smile on her face, so I think she felt better. I flew off knowing that there are a lot of caring kids in this school!

Later, I saw some boys invite another boy to play basketball with them. They ran over to him and said, "We need another player to even out our teams! Come play with us!" And guess what? That kid hustled right over there. He even made a basket and got a whole bunch of high-fives. He was looking happy and proud of himself. That makes me smile! I bet it does the same for you.

Screen 2

Gus: 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: Share a special toy or a book with a classmate. It's nice to share.

Kate: Sometimes just giving a smile or a friendly "hello!" can show your classmate that you care.

CJ: Have you ever seen someone struggling to open a door because their hands are full? Help them out and hold the door open for them.

Gus: Can you think of other ways to be a good friend?

Screen 3

Gus: Take a look at this video about how you can show care and concern for your classmates and be a good friend.

Video

Kaya: Hi Keira. Are you ok?

Jordan: We saw you outside crying when you fell.

Keira: Yeah, I'm o.k. I just scraped my hand.

Kaya: We're glad you're o.k.

Jordan: Cool bandaid!

Keira: Thanks!

Gus: Did you see the way those girls asked their classmate if she was ok? That showed they cared about her, and I'm sure that helped her feel better.

Screen 4

Gus: Now take a look at this video.

Video

Teacher: OK class, everyone needs to find a partner for our next activity.

Blake: You can come join our group.

Gus: Have you ever asked someone to be your partner at school when they didn't have a partner? Or, have you ever invited someone to join your game at recess? These are all things you can do to show you care.

Screen 5

Gus: Good job! You have completed this activity.

Acknowledgements

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Contact us:

**Children's Wisconsin
E-Learning Center**

(866) 228-5670

healthykids@childrenswi.org

