



Educator Guide: “Friendship Flow” Song

Recommended for Grades: 1st grade

Time: 3 min.

National Health Education Standards:

This activity 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 activity students will be able to:

1. Identify bullying behaviors that might occur in school or on school grounds.
2. Describe how they might feel in various situations described in the “Friendship Flow” song.
3. Give one positive example of what to do if they, or a friend, needs help.
4. Give two examples of what makes a good friend.
5. Name at least two trusted adults that they can go to if they, or a friend, needs help.

Vocabulary:

Use the following list of vocabulary as a reference for yourself and your students as you complete the “Friendship Flow” Song Activity. You may choose to use the 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
- Friendship – a relationship between friends



Activity Description:

“Friendship Flow” is a fun, high energy song that talks about being a good friend and standing up for those who are bullied. Students can be encouraged to get up and dance along with the song. The song is played with the lyrics displayed on screen so students can follow and sing along. The song moves quickly so playing it more than once will allow your class to learn the lyrics and think about the message of the song.

The Figureheads is a Parents' Choice Gold Award winning musical act providing powerful and positive messages for youth about lifelong learning, healthy relationships and personal development. For assembly and workshop or artist residency booking, contact Jeremy at figureheadsinc@gmail.com or 414-520-3275 or [Facebook.com/figureheadsinc](https://www.facebook.com/figureheadsinc).



“Friendship Flow” Lyrics

Chorus:

It's the friendship flow here we here we go
If somebody's being mean then we gotta let 'em know
If we each play our part with love in our heart
Then every single day we can make a fresh start
It's the friendship flow here we here we go
If somebody's being mean we gotta let 'em know
If we each play our part with love in our heart
Then every single day we can make a fresh start

At the playground lots of smiles
Everybody's got their own style
Feeling free and happy inside
Friends saying hi giving out hi-fives
Well sometimes that's exactly how it is
And that's how it should be for all kids
But sometimes when mean things happen
And that's when we've got to take action
So if somebody you see is being mean
Stand up and make yourself seen
Stand up and make yourself heard
With your actions and your words
Like hey now that's not cool
How would you like it if it was done to you
Or come on friend let's go let's bounce
Just ignore what's comin' out their mouth

Chorus

Playtime still going on
Hangin' out together all getting along
Uh you're feeling good and jumping around
But then you see somebody who looks down
You go up to him and ask what's wrong
He says I was over there singing a song
And somebody came up pushed me and laughed
And said you can't sing then blocked my path

So I ran the other way then I came back
And I've kind of been hiding ever since that
Now I don't know what to do cuz I'm scared
The kid who did it is right over there



And you say I'm sorry that happened to you
Let's go talk to a teacher or two
And after that we can play till the bell rings
And if you teach me your song then we can both sing

Chorus (repeat 2 times)



Recommended Reading List

These books can help students relate to characters in different bullying situations. Encourage students to check one out from the school library to bring home and read with their families. Grade levels are suggested, though the titles can work across grade levels.

Kindergarten:

- “A Duck So Small” by A.H. Benjamin and Elizabeth Holstien
- “Bootsie Barker Bites” by Barbara Bottner and Peggy Rathmann
- “Hugo and the Bullying Frogs” by Francesca Simon and Caroline Church
- “We Can Get Along: A Child’s Book of Choices” by Lauren Murphy Payne

First Grade:

- “Stop Picking On Me” by Pat Thomas
- “Hooway for Wodney Wat” by Helen Lester and Lynn Munsinger
- “Jungle Bullies” by Steven Kroll and Vincent Nguyen
- “Stand Tall Molly Lou Melon” by Patty Lovell and David Catrow
- “The Recess Queen” by Alexis O’Neill and Laura Huliska-Beith

Second Grade:

- “The Berenstain Bears and the Bully” by Stan and Jan Berenstain
- “My Mouth is a Volcano” by Julia Cook and Carrie Hartman
- “Chester Raccoon and the Big Bad Bully” by Audrey Penn
- “The Ant Bully” by John Nickle
- “Nobody Knows What to Do” by Becky Ray McCain and Todd Leonardo

Additional Teacher Resources:

- “The Feelings Book” by Dr. Linda Madison and Norm Bendell
- “Zink the Zebra” by Kelly Weil



Acknowledgements

Thank you for providing dedication, passion and leadership:

Les Weil – Zink the Zebra Foundation





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