

# Year One

## Lesson 3

Lesson length: 60 minutes

### Unit title: My friends and me

Lesson title: Understanding what a friend is

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#### Learning Objectives

To know how to keep a friendship going

To know how to manage our emotions

To know why friends are important

Understand what makes friends special

#### Suggested Activities

Explore what a friend is with the class – can they give a definition

- How do we make friends?
- Is it easy to make friends?
- How do we show that we are friends?

In response to feedback ensure that the pupils know that it is not about giving gifts but it is about how we treat people.

Ask pupils to consider friendship characteristics

What do you expect a friend to be like? Allow them to finish the sentence stem

- Friends are .....

#### Relationships and Health Education

##### Learning Outcomes

##### Caring friendships

- how important friendships are in making us feel happy and secure, and how people choose and make friends
- that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded

##### Mental health

- how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings
- isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support

(e.g. kind, loyal, respectful, sharing, caring, say sorry, look out for each other)

Read the story – “Will you be my friend?” by Molly Potter

- Why is friendship important?
- What can you do to show that you are a friend?
- How does it feel to have new friends?
- Can you help to answer the questions in the quiz?

Go onto consider the story and identify any of the characteristics that have already been mentioned with any new ones that are spotted.

##### Class activity - Friends together

Draw around a child and as a class give the outline a name

Ask the pupils to think about what they would have to do to be a good friend- Using the speech bubble template write responses down and stick them to the character.

Ask pupils to consider a person who is a very special friend to them

- They need to think why this person is so special
- How do they show that they are a friend?
- What do they do if their friend is sad?

**Debrief** Activity speech/presentation- Give pupils the opportunity to come to the front and share why they have chosen peers as a friend.

#### Unicef Articles

Article: 3, 5, 12, 13, 14, 15, 19, 31

#### Resources

Body outlines  
Speech bubble template  
Will you be my Friend? by Molly Potter

#### Key vocabulary

Friend  
Care  
Share  
Look after  
Help  
Choose

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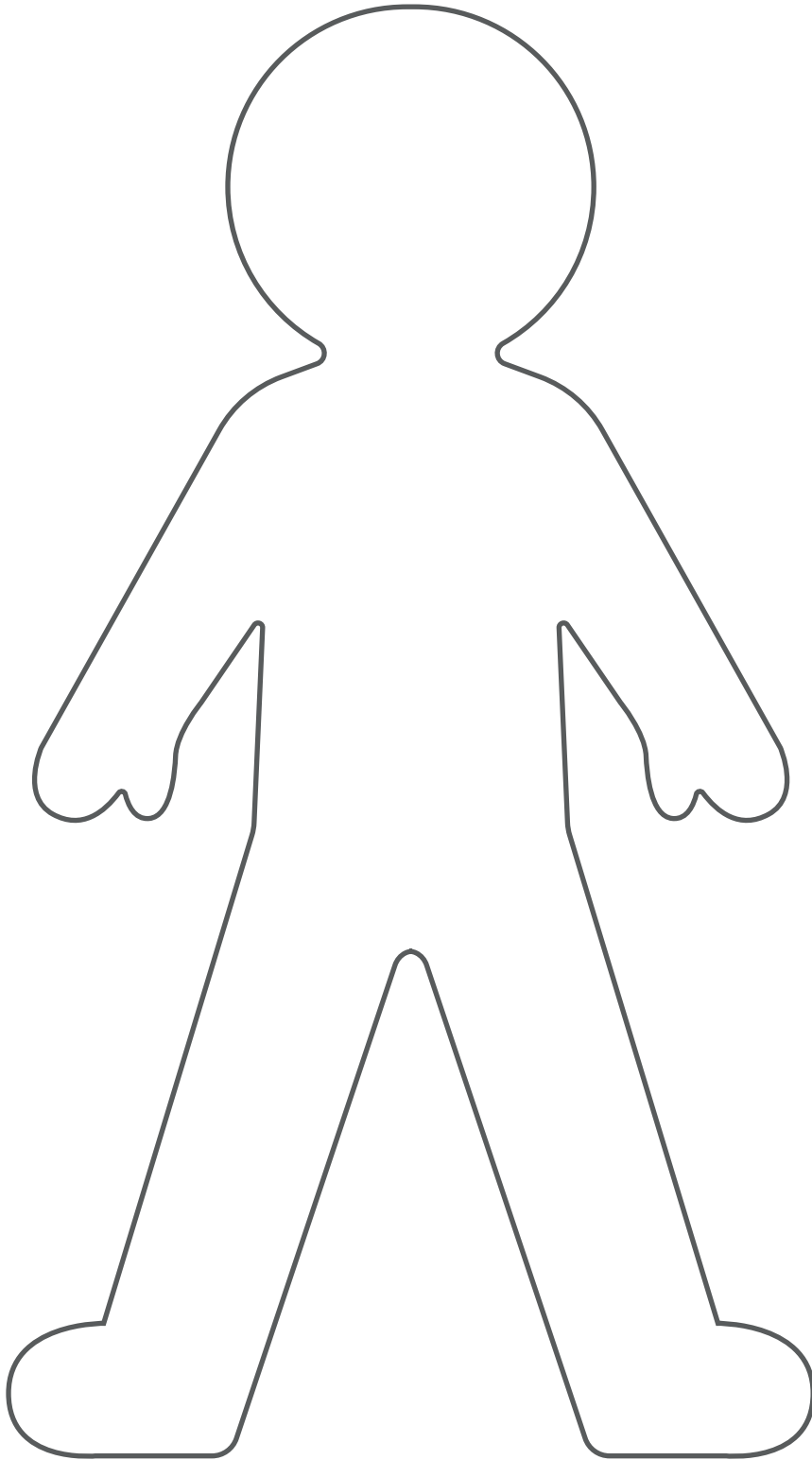
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