Year One

Lesson 4 Lesson length: 60 minutes

Learning Objectives

To be able to identify the characteristics of a good friend

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
- the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties
- that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded

Caring friendships

 what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context)

Respectful relationships

- the conventions of courtesy and manners
- the importance of self-respect and how this links to their own happiness.
- that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority

Mental wellbeing

- mental wellbeing is a normal part of daily life, in the same way as physical health
- there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations

Unicef Articles Article: 12, 15

Unit title: My friends and me

Lesson title: The Friendship Recipe

Suggested Activities

Recap on the last lesson and ask the pupils to identify some of the key characteristics of being a good friend. Ask pupils to think of different ways that they could share their findings.

What makes a good friend for you? What kinds of things do you expect to give and receive?

Show the pupils a picture of a large cake- Ask what does a chef use to make a cake? – Guide the discussion so that the pupils are aware that a cake needs ingredients and that the chef needs to follow the recipe carefully to make a successful cake.

Explain what a recipe is and show a model of a chocolate cake recipe. Highlight that a recipe lists the right amount of each ingredient so that the end result is successful.

There are different ingredients needed to make a positive friendship.

Activity Making a friendship cake

- What would be the key ingredients that go in the cake?
- What ingredients would you add on the outside?
- What would you put on the top of the finished cake?

Talk about how the pupils are similar from each other – gender, names, families, things we like, religion, colour of our skin, hair, our clothes, if we have a disability. These are initial ingredients we may choose for our cake however, emphasise that we can choose friends on different characteristics (ingredients) such likes, interests, shared values and these characteristics (ingredients) often become more important.

Paired activity -Design your cake

Working with a partner – think about the important friendship ingredients needed to make the best cake. Choose your ingredients and adding the amount of spoonfuls. Then make your cake by sticking them in a tower shape Share what you included with the class

- What key characteristics would you add to your cake ingredients?
- Teacher to use one example to model writing the recipe of the friendship cake made with the whole class
- Pupils to support teacher with the recipe by identifying which ingredients were added from the cake made

Debrief Pupils can identify at least three characteristics that are important when making and developing friendships.

Finish the sentence stem - I am a good friend because...... (this can be a verbal or written exercise).

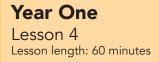
Resources Picture of a cake Example cake recipe Speech bubble template

Key vocabulary Friend Care Share Look after Help Choose Together Cake template





Mix greetings and smiles thoroughly. Add hugs seperately. Slowly stir in love. Sift sympathy and hospitality and fold in carefully. Bake in warm heart. Serve often





Add the amount of spoons to each ingredient and cut out your circle to make your cake

