

What makes a great friend?

What makes a great friend?



Knowledge

Date

Friends should be kind, respectful, listen to us and help us be our true selves.

Life Lesson

I can spot good friends and be a good friend myself.

Lesson ground rules



Do



Listen to others without interrupting



Be open and honest



Make sure everyone in the group has a chance to speak



Respect each others ideas and opinions



Encourage and support everyone

Keywords



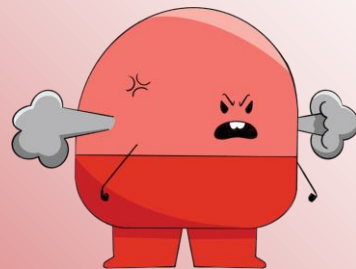
friend



someone who cares for you, helps you and makes you feel happy

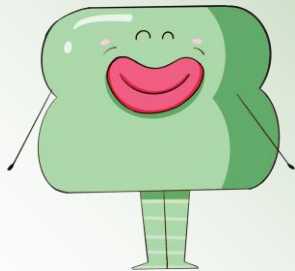


sad

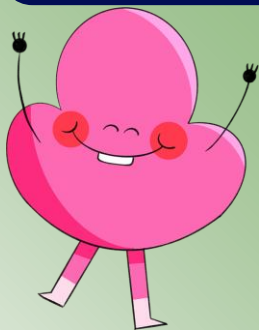


angry

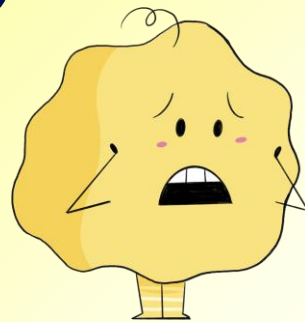
**In this lesson we will
meet ...**



happy



joyful



worried



Explore

Friendship recipe



I'd like to show you my friendship recipe!



Mr Williams has brought in something very special... a recipe book!



What's a friendship recipe?

Friendship recipe



Being a great **friend** is like making a delicious meal. You need the right ingredients to make it work.



What ingredients do you think we need to make a great **friend**?

Friendship recipe



I think we need a spoonful
of kindness!



Friendship recipe



Maybe a cup of good listening!



Friendship recipe



And a sprinkle of taking turns!



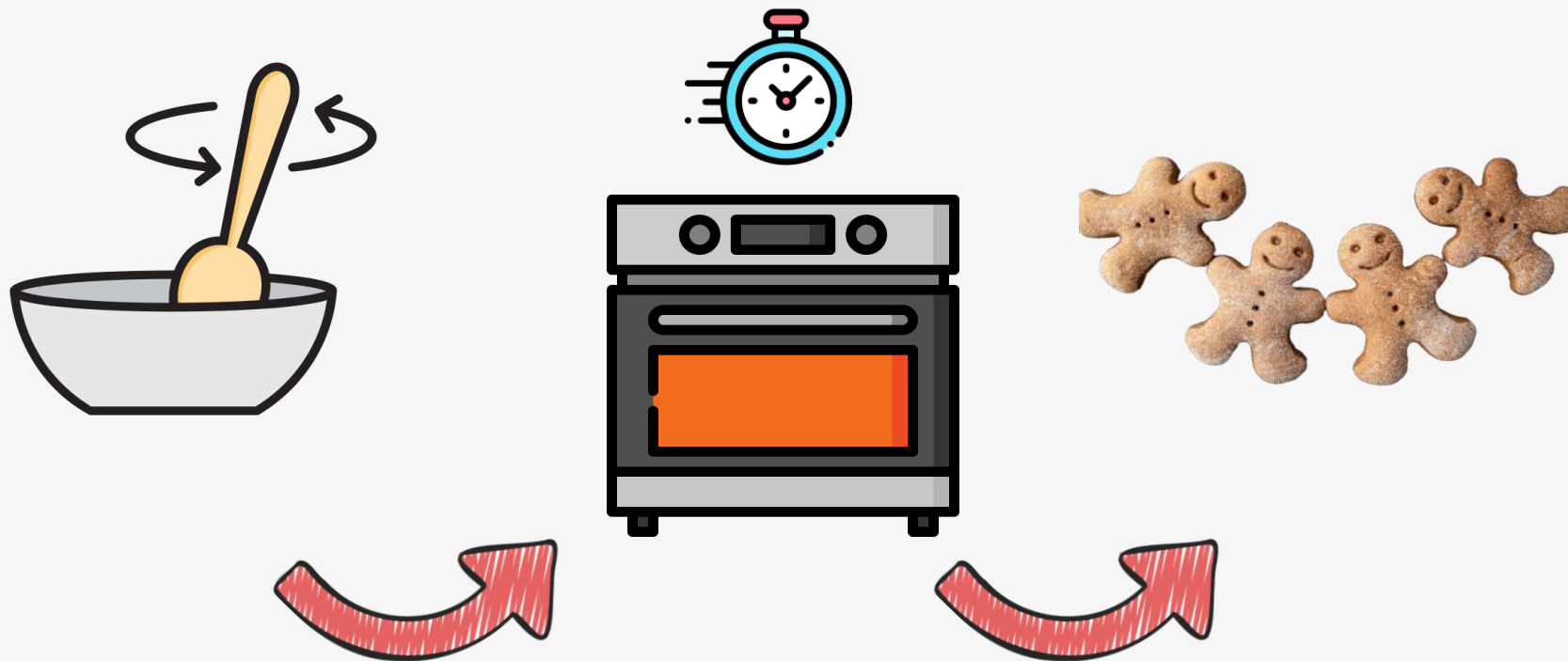
Friendship recipe



That's right! A great **friend** needs to listen, take turns, and be kind! Now let's mix all of our ingredients together!



Friendship recipe



Watch & Discuss



What makes a good **friend**?



Video link: <https://vimeo.com/1103096560/b5699614a4>



What did we hear?



What makes a good friend?



Abubakr says that a good **friend** makes sure that their friends aren't lonely.



Amelia says that good **friends** play with each other.



Fatima says that good **friends** are kind when you need them.



Uzair says that good **friends** respect each other and include other people.



Jibreel says that good **friends** never give up on you and are always there for you.

Discuss together



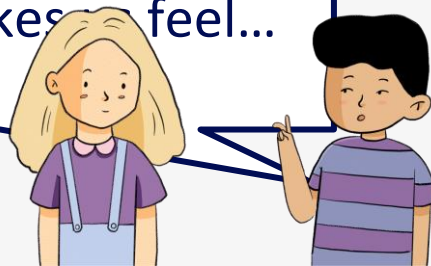
What makes a good **friend**?

A good friends is always...

A good friend never...

A good **friend** might say things like...

A good **friend** makes me feel...

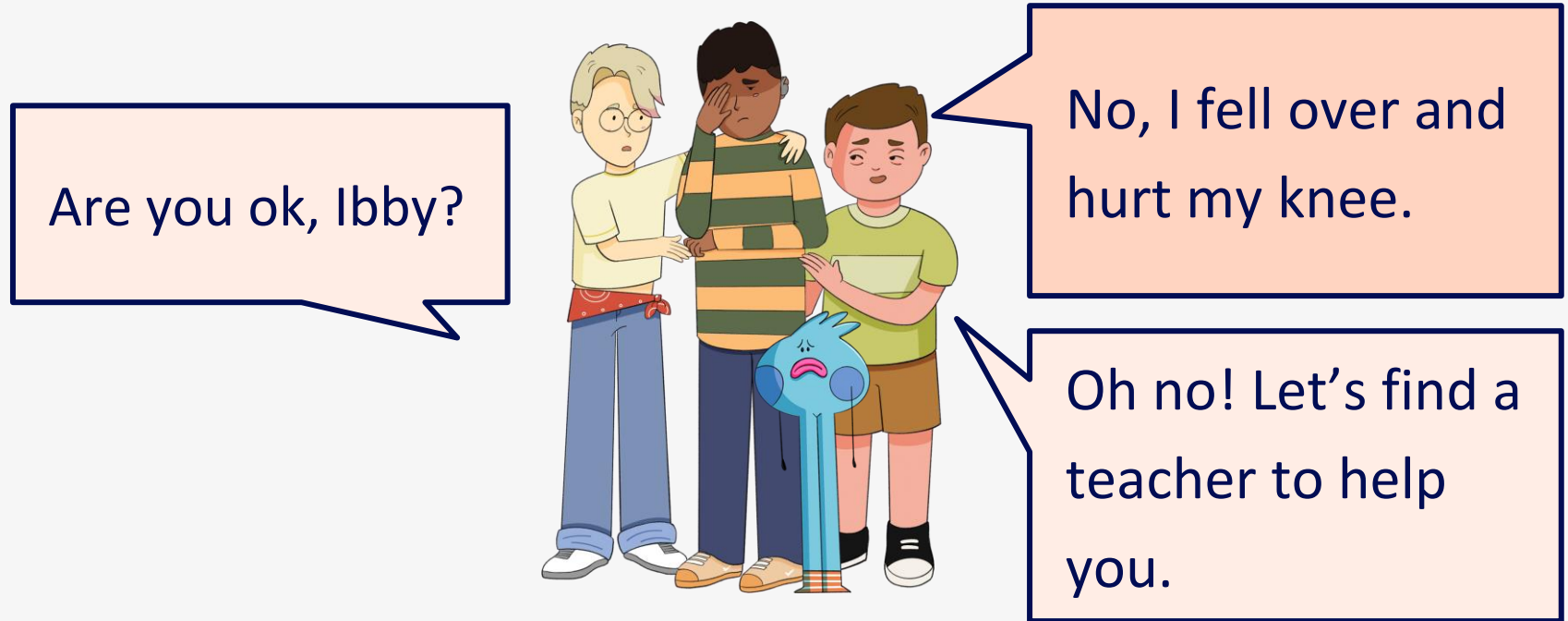




Understand



Great **friends** ask if others are ok and really listen to what they say.





Friends don't have to look the same, or like the same things, as long as they are kind.

How are these **friends** different from each other?



Quick think - possible answers



We have different hair styles.

We have different skin colours.



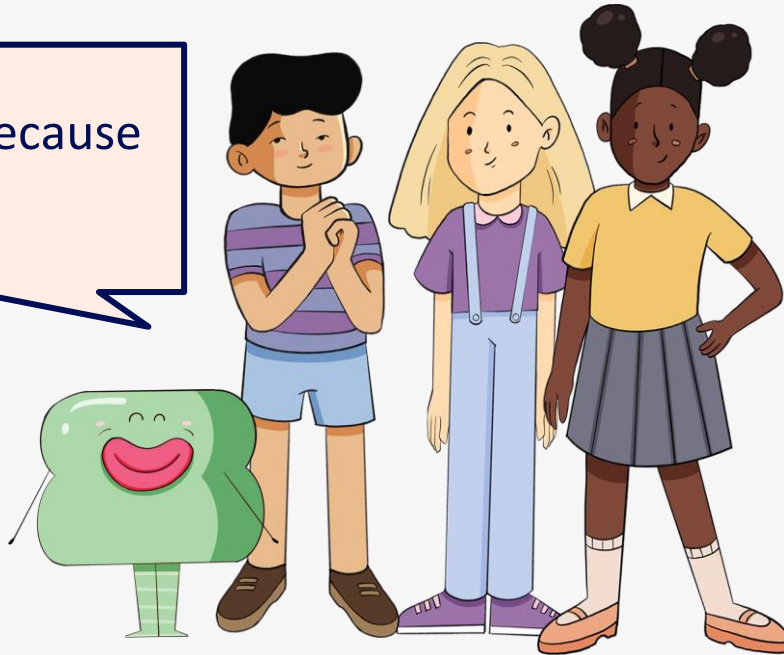
Wei likes gymnastics but I prefer basketball.

Abigail's favourite colour is pink, but I prefer yellow!



Great **friends** like each other for who they are.

I like Grace because she is caring.



Wei is my friend because he always takes turns.

I like Abigail because she is funny!

What is special about your **friends**?



Great **friends** say sorry to each other.

When might we need to say sorry to someone?

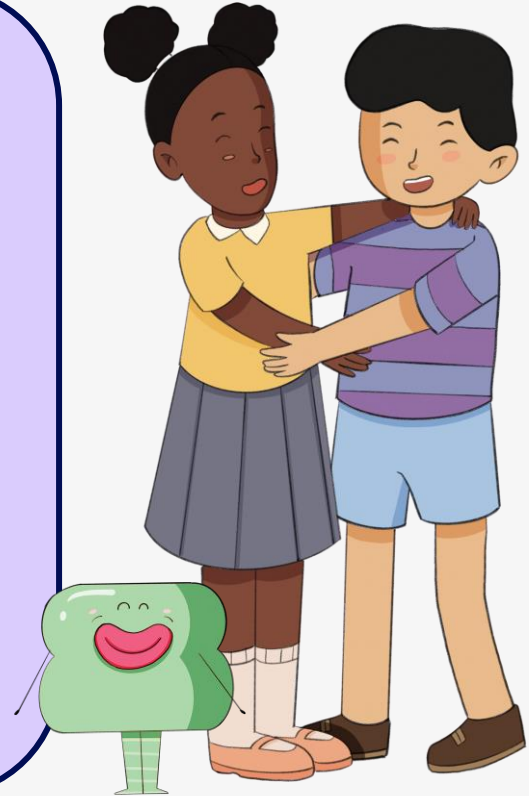


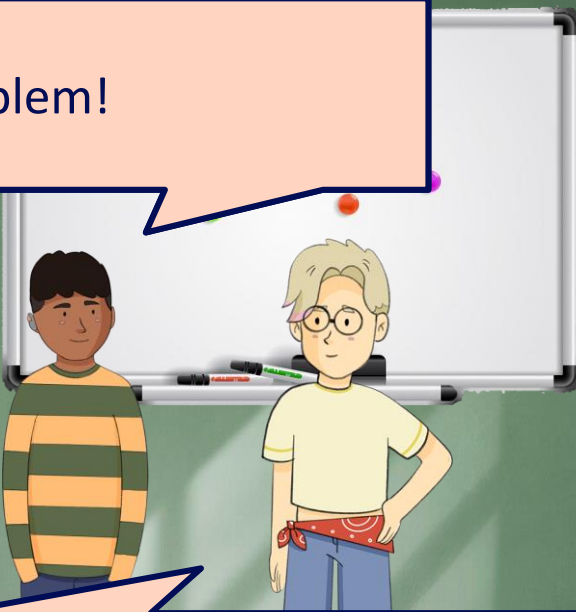
Quick think - possible answers



When might we need to say sorry to someone?

- when we hurt their feelings
- when we don't listen to them
- when we take something without asking
- when we are unkind or leave them out





No problem!

I'm going to play with Reggie instead today. Thanks though!

A great **friend** understands that other people won't always want to do the same things as them.

We all enjoy doing different things, and sometimes we need choose what makes us happy.



Great **friends** listens when we say 'no' or 'stop'



We might say 'no' or 'stop' if:

- we don't like what's happening
- we feel uncomfortable or worried

If someone doesn't listen to you when you've said 'no' or 'stop', you must tell a trusted adult.

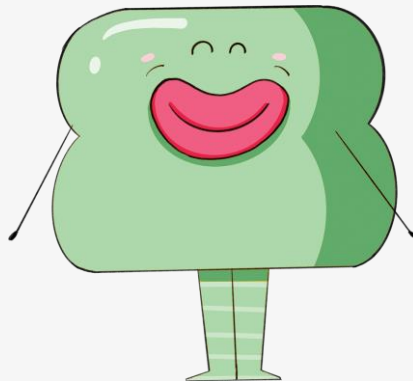




I did thank you!

I did thanks! Did you have a nice time playing tag?

A great friend wants the best for other people, and hopes that the other people around them are happy.



Quick think



Imagine it's your friend's birthday at school today!

How could we show that we want our friend to be happy?



Quick think - possible answers



How could we show that we want our friend to be happy?

- write them a card
- ask them questions about their birthday
- ask them if they want to join in our game
- understand if they want to do something different to us





Activate



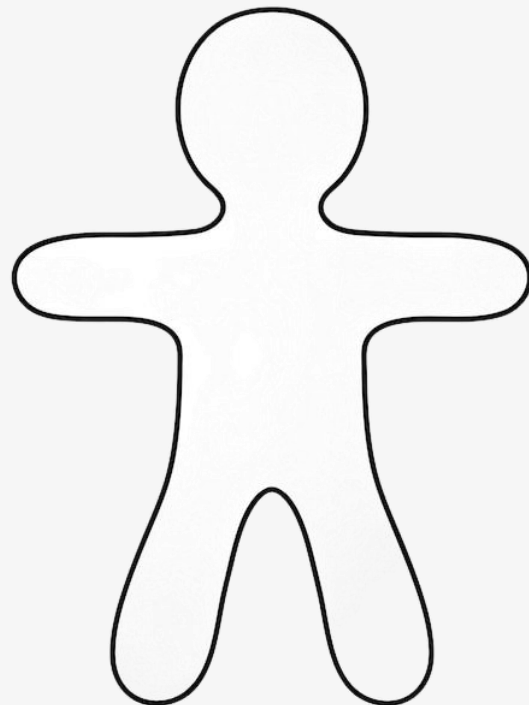


Inside your paper doll, write down all the different things that makes a great **friend**.

Teacher Tip



Collect the paper dolls and hang them around the classroom.

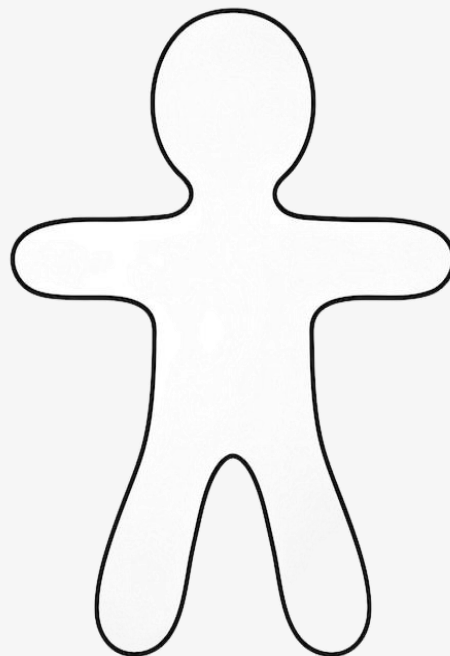




Inside your paper doll, write down all the different things that makes a **great** friend.

Which words will you use?

- kind
- unfair
- helpful
- mean
- good listener
- unkind
- caring
- unhelpful
- takes turns





Write down one way you can be a **friend** and add it to the

As a class, pick one idea from the each day, and try your best to be a great **friend** to someone else.

friend



Activity - possible answers



1

Inside your paper doll, write down all the different things that makes a great **friend**.





Create your own Friendship Recipe.



What ingredients do you need to make a great **friend**?

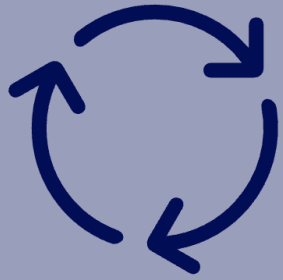
Teacher Tip

Add baking utensils to your home corner to encourage pupils to act out their recipes.



Friendship Recipe





Reflect



True or false?



A great friend makes you do what they want.

True or false?



A great friend makes you do what they want.

False - A great **friend** understands that other people won't always want to do the same things as them. We all enjoy doing different things, and sometimes we need choose what makes us happy.

Time to reflect



You have 30 seconds of thinking time.
Answer one of these questions.

- What have you learnt this lesson?
- If someone missed this lesson, what is the most important thing we should let them know?
- Have you changed your mind about anything during this lesson?

How did this lesson make you feel?



Very sad



Sad



Neutral



Happy



Very happy

Where to get support



You can call, text or chat to Childline any time, day or night. They can listen to your problems and help you find support.

Visit the [Childline website](https://www.childline.gov.uk) or call them on 0800 111



You can talk to a trusted adult, like a parent/carers or teacher, about how you feel.



Feedback

We regularly update our lessons, to make sure that our resources remain relevant, appropriate and engaging for young people.

If you'd like to let us know what you think, please complete [this form](#). It takes as little as 30 seconds and you only have to answer the questions that are relevant to you.



We aspire to a world where all young people are equipped to make healthy choices and thrive.

Our student-centric PSHE curriculum and wider ongoing support empowers educators to foster a healthy school culture and equips young people to navigate the complexities of life.

[Discover our approach to learning](#)

Life Lessons

The video content in this lesson was made in collaboration with Ark Tindal Primary Academy.

