Theme: **Building and maintaining healthy relationships**

Subtheme: Establish and maintain healthy and rewarding relationships

**Activity: I care for my friends**

**EARLY YEARS CURRICULUM 3-5**

**Level: Basic**

* **Topic**:. Making and having friends
* **Objective**: appreciating the value of having friends
* **Learning outcome**: During this activity, I will learn more about my friends and nice things I do with them.
* **Resources**: Sheets of paper, block notes, crayons or coloring pens.

1. Gather the children together in a circle, introduce the importance of friendship asking children to think about a friend or friends they have within or outside their class.
2. Let the children make a drawing of their friend
3. Let those who want to, share their illustrations with their classmates
4. Encourage the pupils to brainstorm suggestions of pleasant things they do with a friend and take notes of all ideas.
5. Ask each child to identify a game in the class that they like sharing with a friend and explain why they choose it.
6. Let the children make a drawing of the chosen game.
7. Homework: children ask parents how they spend time with their friends and they make a drawing of it.

**Level: Intermediate**

* **Topic**:. Making and having friends
* **Objective**: appreciating the value of having friends
* **Learning outcome**: During this activity, I will learn more about my friends and the pleasant things we do together.
* **Resources**: Sheets of paper, block notes, crayons or coloring pens.

1. Gather the children together in a circle, introduce the importance of friendship asking children to think about a friend or friends they have within or outside their class and things they used to do together.
2. Let the children make a drawing of their friend/s about something nice together they do together.
3. Let those who want to, share their illustrations to their classmates
4. Encourage the pupils to brainstorm suggestions of pleasant things and games they do with a friend and take notes of all ideas.
5. Ask children to identify best games we can share with a friend to enjoy friendship and write down a list of it.
6. Divided in groups, children make drawing of each game in the list.
7. Homework: children ask parents how they spend time with their friends and they make a drawing of it.

**Level: Advanced**

* **Topic**:. Making and having friends
* **Objective**: appreciating the value of having friends
* **Learning outcome**: During this activity, I will learn more on my friends and why it is important to have friends
* **Resources**: Sheets of paper, block notes, crayons or coloring pens.

1. Gather the children together in a circle, introduce the importance of friendship asking children to think about a friend or friends they have within or outside their class and things they used to do together.
2. Let the children make a drawing of their friend/s on a sheet of paper and think about all the positive characteristics to describe him/her/them. Let them free to decide to draw just one friend or more than one.
3. Let those who want to, share their illustrations with their classmates, listing positive characteristics they wrote on the paper.
4. Encourage the pupils to brainstorm suggestions on the importance to build friendship and take notes of all ideas.
5. Help children to identify together a famous character (for instance from cartoon series or from advertisements) that represents the symbol of friendship for them. They reflect on the reasons they choose him/her.
6. Homework: children make a drawing of the “friendship” symbol character and explain to their parents why they like him/her.

**EARLY PRIMARY CURRICULUM 6-8**

**Level: Basic**

* **Topic**:. Making and having friends
* **Objective**: appreciating the value of having friends
* **Learning outcome**: During this activity, I will learn more on my friends and the benefits of having friends
* **Resources**: Sheets of paper, poster and crayons or colouring pens. A sheet for parents“. Let’s talk about your friend!”

1. Gather the children together in a circle, introduce the importance of friendship asking children to think about a friend or friends they have within or outside their class and things they used to do together.
2. Let the children make a drawing of their friend/s on a sheet of paper and write down all the positive characteristics that describe him/her/them. Let them free to decide to draw just one child or more than one.
3. Let those who want to share their illustrations to their classmates reading positive characteristics they wrote on the paper.
4. On the back of the sheet of paper the children can reflect upon the following: “I like to have a friend because..”
5. Ask them to reflect on how they feel when they are with a friend, collect all the thoughts and ideas and write down them on a poster.
6. Homework: children ask their parents to speak about a friend/s they have. Parents can describe to pupils how they feel when they spend time with a friend. Children with their parents write down the parent’s story on a sheet.

**Level: Intermediate**

* **Topic: Making and having friends**
* **Objective: Appreciating the value of having friends**
* **Learning outcome: During this activity, I will learn to identify the benefits of having friends**
* **Resources:** Sheets of paper, poster. A sheet for parents: “An important shared experience!”

1. Gather the children together in a circle, introduce the importance of friendship asking children to think about a friend or friends they have within or outside their class and things they used to do together.
2. Ask children to think of, and then write down on a piece of paper, an event of their life they shared with a friend.
3. Children share their papers with their classmates and discuss how they felt sharing that experience.
4. Teacher writes down on a poster the children’s experiences and feelings and help them to understand the importance to have a friend to better appreciate moments of life.
5. Homework: children ask parents to tell them one important experience of their life they shared with a friend. Parents describe to children how they felt. Together they write down the parents’ story.

**Level: Advanced**

* **Topic: Making and having friends**
* **Objective: Appreciating the qualities of good friends**
* **Learning outcome: During this activity, I will learn to identify the qualities of what makes a good friend**
* **Resources:**. Sheets of paper, poster, “[That's What Friends Are For](http://www.amazon.com/Thats-What-Friends-Are-For/dp/B001BKAQPC%3FSubscriptionId%3DAKIAIAA4MWUJXHBYFRNQ%26tag%3Dsquid1246026-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3DB001BKAQPC)” song and lyrics. A sheet for parents : “I like my friend!”

1. Gather the children together in a circle, introduce the importance of friendship listening the song “[That's What Friends Are For](http://www.amazon.com/Thats-What-Friends-Are-For/dp/B001BKAQPC%3FSubscriptionId%3DAKIAIAA4MWUJXHBYFRNQ%26tag%3Dsquid1246026-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3DB001BKAQPC)” by Dionne Warwick & Friends. Read lyric on the song and discuss about it.
2. Ask children to identity and then write down on a piece of paper about one important experience they shared with a friend and the emotions they felt.
3. Children share their papers and their feelings with their classmates
4. Divided in groups, the children think about some “famous” friends they know from the TV, cartoons, books, comics etc. (for e.g. Shrek and the donkey; Ash and Pikachu; Spongebob and Patrick; Harry Potter, Hermione Granger and [Ronald Weasley](http://it.wikipedia.org/wiki/Ronald_Weasley))
5. In groups they reflect and write on a piece of paper the qualities they like or dislike in these “famous” character friends, and what they think make them ‘good friends’ or ‘not good friends’
6. Teacher writes down all ideas on a poster and lead children to identify what makes us good friends and the qualities which do not help to make good friends
7. Homework: children ask parents to tell them the qualities they appreciate in their friends. Children with their parents write down parent’s thoughts and experiences on a sheet.

Lyric of the song “[That's What Friends Are For](http://www.amazon.com/Thats-What-Friends-Are-For/dp/B001BKAQPC%3FSubscriptionId%3DAKIAIAA4MWUJXHBYFRNQ%26tag%3Dsquid1246026-20%26linkCode%3Dxm2%26camp%3D2025%26creative%3D165953%26creativeASIN%3DB001BKAQPC)” by Dionne Warwick & Friends

*And I never thought I'd feel this way   
And as far as I'm concerned   
I'm glad I got the chance to say   
That I do believe I love you   
  
And if I should ever go away   
Well, then close your eyes and try to feel   
The way we do today   
And then if you can remember   
  
Keep smilin', keep shinin'   
Knowin' you can always count on me, for sure   
That's what friends are for   
For good times and bad times   
I'll be on your side forever more   
That's what friends are for   
  
Well, you came and opened me   
And now there's so much more I see   
And so by the way I thank you   
  
Whoa, and then for the times when we're apart   
Well, then close your eyes and know   
These words are comin' from my heart   
And then if you can remember, oh   
  
Keep smiling, keep shining   
Knowing you can always count on me, for sure   
That's what friends are for   
In good times, in bad times   
I'll be on your side forever more   
Oh, that's what friends are for   
  
Whoa…oh…oh…keep smilin', keep shinin'   
Knowin' you can always count on me, for sure   
That's what friends are for   
For good times and bad times   
I'll be on your side forever more   
That's what friends are for   
  
Keep smilin', keep shinin'   
Knowin' you can always count on me, oh, for sure   
'Cause I tell you that's what friends are for   
For good times and for bad times   
I'll be on your side forever more   
That's what friends are for (That's what friends are for)   
  
On me, for sure   
That's what friends are for   
Keep smilin', keep shinin'*

**LATE PRIMARY CURRICULUM 9-11**

**Level: Basic**

* Topic: Making and having friends
* Objective: Identifying the positive qualities of friends
* Learning outcome: During this activity, I will learn to identify the qualities of what makes a good friend and the importance to provide and receive positive comments from friends.
* Resources: Sheets of paper, poster, tape

1. Gather the children together in a circle, introduce the importance of classroom friendship relationships and encourage children to reflect on their friends’ positive qualities.
2. Stick to the back of every child a sheet of white paper. Every child has to write anonymously a positive adjective on the back of everybody. Tell the children to reflect on positive adjectives that can describe everyone in the classroom. Children can walk freely in the classroom while they write on the back of their peers.
3. Gather the children together in a circle and everybody takes off the sheet from the back and read it individually in silence.
4. Let those who want to share it with their classmates, do so.
5. Ask them to reflect on how they felt to receive those positive comments and how they felt in thinking and writing the comments for their peers. Ask the pupils to brainstorm suggestions and write their responses on a poster.
6. Homework: children at home create a personal symbol/logo to describe friendship

**Level: intermediate**

* Topic: Making and having friends
* Objective: Identifying the positive qualities of friends
* Learning outcome: During this activity, I will learn about the qualities that make me a good friend and identify the good qualities of my friends.
* Materials needed: Sheets of paper, pens, tape.

1. Gather the children together in a circle, introduce the importance of classroom friendship relationships and encourage the children to reflect on their friend’s positive qualities.
2. Stick to the back of every child a sheet of white paper. Every child has to write anonymously a positive adjective on the back of everybody, ask to children to reflect about particular positive adjective that can describe everyone. Children can walk freely in the classroom while they write on the back of classmates.
3. Gather the children together in a circle and everybody takes off the sheet from the back and read it individually in silence.
4. Let those who want to share it with their classmates, do so.
5. Ask them to reflect on how they felt to receive those positive comments and how they felt in thinking and writing positive comments on their peers. Ask pupils to choose the 3 best adjectives they preferred and explain to the other why they liked them.
6. Homework: children work with a classmate at home to create a short poem on the benefits of friendship

**Level: advance**

* Topic: Making and having friends
* Objective: Identifying positive qualities of oneself and one’s friends
* Learning outcome: During this activity, I will identify the qualities that make me a good friend and others good friends and how these qualities help to build and maintain positive friendships.
* Materials needed: Sheets of paper, pens, tape, a sheet for homework“ “Supporting my friendship!”.

1. . Gather the children together in a circle, introduce the importance of classroom friendship relationships and encourage the children to reflect on their friend’s positive qualities.
2. Stick to the back of every child a sheet of white paper. Every child has to write anonymously a positive adjective on the back of everybody, ask to children to reflect about particular positive adjective that can describe everyone. Children can walk freely in the classroom while they write on the back of classmates.
3. Gather the children together in a circle and everybody takes off the sheet from the back and read it individually in silence.
4. Let those who want to share it with their classmates, do so.
5. Ask them to reflect on how they felt to receive those positive comments and how they felt in thinking and writing positive comments on their peers. Encourage pupils to choose the 3 best adjectives they preferred and explain to the other why they liked them. Ask pupils think share with others the adjectives they were expecting to receive, the adjectives which surprised them, the adjective they prefer most and why they liked it.
6. Homework: together with parents, children reflect on the importance to develop and maintain positive relationships with friends, respecting and appreciating their positive qualities. Together with the parents, they complete the “Supporting My Friendships” sheet, listing the strategies they know (for instance: words, expressions, behaviors) to protect and develop a friendship.