

## Lesson 1

# What I Want in a Friend

### MATERIALS

*Handout/Poster 1*: “What I Want in a Good Friend” (or teacher alternate)

Book title: *Friends* by Helme Heine is recommended (or teacher alternate)

### OBJECTIVES

To understand that friendship is positive in nature. To understand that friendship involves a number of characteristics.

## STEPS

1. Introduce the Concept of “Being a Friend”  
Teacher: “What do we look for in a friend?” Use examples such as: someone who listens when we talk, someone who cares about our feelings, someone who is kind to us.
  - ▶ Teacher and/or facilitator can also give an example from a real-life friendship of his/her own.
  - ▶ Introduce rules and expectations for classroom lessons for the group:
    1. Be respectful, no put-downs
    2. When sharing stories, do not mention any student names. Instead, say, “I know someone who ....”
2. Explore Student’s Ideas About “What Makes a Good Friend”
  - ▶ Brainstorm with the children, using an enlarged version of *Poster 1*, “What I Want in a Good Friend,” to record children’s ideas.

- ▶ Read a book that describes friendship. (*Friends* by Helme Heine is a good option.) Discuss the key points of the story, emphasizing the specific characteristics that help to make friendships positive. Stress the importance of caring about one another, being fair to each other, and having similar interests.
- ▶ Pass out the “What I Want in a Good Friend” handout (*Handout 1*) to each child. Students can either fill in the balloons with words or color in the balloons. Pictures can also be drawn on the back illustrating positive friendship skills.

### 3. Review Concepts of Being a Good Friend

Reinforce the following key points:

- ▶ Sharing
- ▶ Caring
- ▶ Being fair
- ▶ Having fun
- ▶ Having similar interests
- ▶ Celebrating differences

### NEXT LESSON

*In the next lesson, the students will discuss their current friendships as they continue to learn the skills necessary to initiate positive relationships.*

## RESOURCE GUIDE

See “Books for Primary Students” for ideas.

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