

# Qualities of friendship

Year: Y5

## Subjects and Issues

◆ Being Yourself ◆ Building self-esteem ◆ Bullying ◆ Friendship ◆ Positive relationships ◆ Relationships Education (formerly SRE or RSE) ◆ Communication ◆ Relationships

Suggested song for start of lesson: *'With a Little Help from my Friends'* by the Beatles, or other song about friendship.

## Introduction

What is a friend? What do we mean when we call someone a friend?

Why do we need friends? Support, companionship, encouragement, help, advice, love, courage etc.

How do we choose our friends? What do we look for?

## Activity

Let's explore the different qualities of a good friend.

Has anyone heard of the game charades?

Share simple set of rules:

Class divided in two. Using the *Qualities of a good friend* Activity sheet cards secretly allocate the children a quality of a good friend to rehearse as a quick drama/mime for the class to guess.

Children from each half take turns to act out a quality for the other team to guess. Just have a minute to act out.

Then the class place the quality in a list either *'friendship quality'* or *'not friendship quality'*.

Repeat until either all the children have had a turn or the activity reaches a natural conclusion. It is more important to establish friendship qualities than for all children to be in an acting role. They can all rehearse but may not all be asked to show their work.

Thank the children for their work.

Share out the spare copies of the *Qualities of friendship* Activity sheet to small groups.

Ask the children to study the list of friendship qualities and discuss in their groups which they think are important.

- Are there any other qualities you think we should add to the list?
- Which are the most important do you think?

Ask children to choose their own top three friendship qualities.

Carry out class survey to find out which qualities are most valued by the children.

Reveal the top three qualities voted for by the class.

Discuss with the children why these particular qualities are considered so important to them.

Then ask:

- In a lifetime how many friends do you guess a person might have? Take guesses. Thank the children for their ideas – apparently the answer is up to 300!
- Why might friendships come to an end? [Move away, change school, fall out, meet other people etc.]
- Can boys and girls be friends with one another?
- What might make such a friendship difficult?
- Why can making a new friend be difficult sometimes?
- How can people help a friendship to last? [Listening, being honest, talking through things that might cause problems, accepting that no-one is perfect etc.]

## Plenary

Thank everyone for their work and ideas. Explain that everyone is unique and that some people have a small number of close friends. Others seem to have many friends. We can't force people to be friends with us. Friendships are like plants - they need careful looking after; they grow, change and develop.

## Extension (optional)

Write a short description of someone who is close to you explaining why they mean such a lot to you.

## Learning Outcomes

Children will be able to:

- Define some key qualities of friendship;
- Describe ways of making a friendship last;
- Explain why friendships sometimes end.