



Grade 4 • Ages 9-11

Friendship

Students develop their social and emotional skills through kindness activities that focus on understanding what is true friendship, and how to make and be a good friend.

Unit Objective

Students will discuss facts that support healthy relationships with friends and family and describe the characteristics of being a good friend.

Introducing The Friendship Unit To Your Students

While we are doing these lessons, we are going to talk about friendship and what it means to be a friend. What do you think are the qualities of a good friend?

Allow time for students to respond and discuss, either as a class or in small groups. You can also use this time to introduce Kindness Concepts (caring, respect) and create community definitions for these concepts or share the definitions listed below. Consider using the [Kindness Concept Posters](#) for caring, respect and helpfulness as a way to reinforce learning.

Kindness Concepts

Consider writing key terms on the board before class to introduce vocabulary and increase understanding.

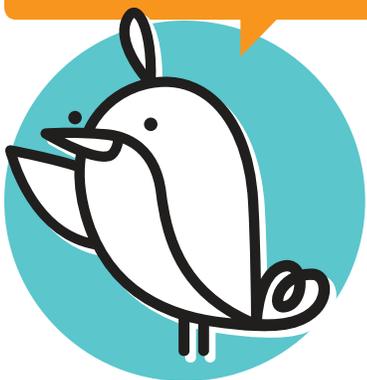
CARING Feeling and showing concern for others.

RESPECT Treating people, places and things with kindness.

HELPFULNESS Assisting or serving others in a kind way.

FAIRNESS Treating people in a way that does not favor some over others.

Kindness means being friendly, generous or considerate to ourselves and others through our words, thoughts and actions.



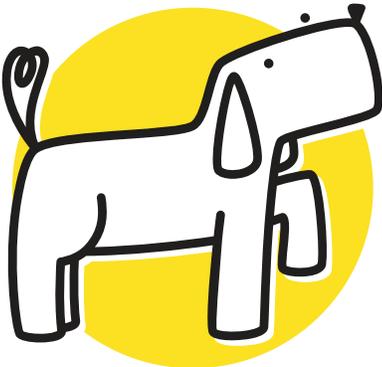
These lesson plans were created by The Random Acts of Kindness Foundation. For more information, please visit randomactsofkindness.org

If you have questions or comments, please email us at teacherhelp@randomactsofkindness.org

Unit Lessons

There are four lessons in this unit plus an optional lesson if you have time.

LESSON TITLE	LESSON GOALS	LESSON MATERIALS
Lesson 1: True Friendship	Students will explore what true friendship looks like and name some of the qualities of a true friend.	<ul style="list-style-type: none">• Unusual Friendship, New York Times clip 6:20min: http://www.nytimes.com/video/us/1194817103175/anunusual-friendship.html• RAK Journals• Kindness Concept Posters: Caring, Respect, Helpfulness
Lesson 2: Friendship Chains	Students will identify the qualities of a friend and apply them to people in their class.	<ul style="list-style-type: none">• Kids Health: Kids Talk About Friendship clip 1:15min. http://kidshealth.org/en/kids/talkingabout-friends.html• Chart Paper with "Qualities of a Friend" written at the top• Strips of construction paper for friendship chain. Optional: Write students' names, one on each strip before class for variation described below.• Kindness Concept Posters: Caring, Respect, Helpfulness• RAK Journals
Lesson 3: Friendship Recipes	Students will articulate what makes a good friend.	<ul style="list-style-type: none">• Teacher's personal recipe for friendship as a model for students, created before class. See explanation under description below for how to create a friendship recipe.• "Qualities of a Friend" poster sheet, from the What Makes a Good Friend? activity• Poster Board, chart paper, recipe cards or other materials to decorate friendship display with recipes• Kindness Concept Posters: Caring, Respect• RAK Journals
Lesson 4: Act it Out Role-Plays	Students will observe and participate in role-play where they examine different friendship/conflict scenarios and how they can be resolved.	<ul style="list-style-type: none">• Friendship and Family Role-Play Situations• RAK Journals• Kindness Concept Posters: Caring, Respect, Fairness
Optional Lesson: Charlotte's Web	Students will see kindness and friendship in the characters of the book and relate that back to their own life.	<ul style="list-style-type: none">• Charlotte's Web by E.B. White, for teacher and additional copies for students if you want to read in literature circles• For questions to ask students at the end of each chapter and great follow up activities, refer to: http://www.bu.edu/ccsr/files/2011/08/Charlottes-Web-lesson-plan.pdf• Kindness Concept Posters: Caring, Respect, Fairness• RAK Journals



Unit Notes

The activities in this lesson focus on a central theme and connect to different academic curriculum areas.

The lessons are intended to be easy to teach and fun to use while helping to develop social and emotional skills.

Lesson activities use a variety of modalities to address different learning styles and build on each other.

Each lesson includes choice of evaluation or reflection questions, which can be written, discussed or used as journal entries. Consider writing these on the board before the lesson begins.

The activities also incorporate key Kindness Concepts, which can be introduced before teaching the lesson or as the concepts are discussed in the lesson. Consider displaying the [Kindness Concept Posters](#) during the unit. See the [RAK Educator Guide](#) and [Building Trust in the Classroom](#) for information about using Kindness Concepts to create a healthy classroom environment and help students develop pro-social behaviors.

Each activity includes tips for how to adapt the curriculum to meet the needs of diverse learners.

[The Kindness Tool Kit](#) is another way to meet the needs of diverse learners. See the [RAK Educator Guide](#) for how to create and use this tool kit.

RAK also has developed [Focusing Strategies](#) and [Problem-Solving Strategies](#) to help students better regulate their emotions, think through challenging situations, and build healthy relationships, friendships and community. See the [RAK Educator Guide](#) for more information about incorporating those strategies into the unit.

Regularly revisiting the topics or questions raised during discussions will expand student understanding of the concepts. Scripted explanations are provided, but feel free to use language that feels natural for you.

The Common Core, 21st Century, SEL and Colorado P-12 Academic Standards met in this unit are listed at the start of each lesson. A [Learning Standards Key](#) is provided on the website for your reference.

