

FRIENDSHIP & SEL SKILLS

Ten-Weeks of Lesson Plans

Friendship Group

My Group Norms




Rules and



Friendship Group Guidelines

Expectations

Created by:

Ashley Bell 

TEN WEEKS of lessons, activities, and strategies you can use to teach students friendships skills and the SEL skills needed to be and to find good friends.

Friendship Group

Created by Ashley Bell

My Group Norms

Rules and Expectations

My Group Norms

1. Respect.
2. Be understanding.
3. Try your best.
4. Follow all school rules.
5. Deal with it.

All About Me

Good Friends Are...

Color All Words That Describe a Good Friend.

Roleplaying

Roleplaying

There is a role to cast you really have to make your friend go into the situation. What would you do? What would you say? What would you feel?

Add three good friend descriptors of your own:

- 1) Caring
- 2) loving
- 3) dependable

How to Deal With Rejection

Follow up

Be Brave

Goodbye statement

How to Deal With Rejection

Try Again

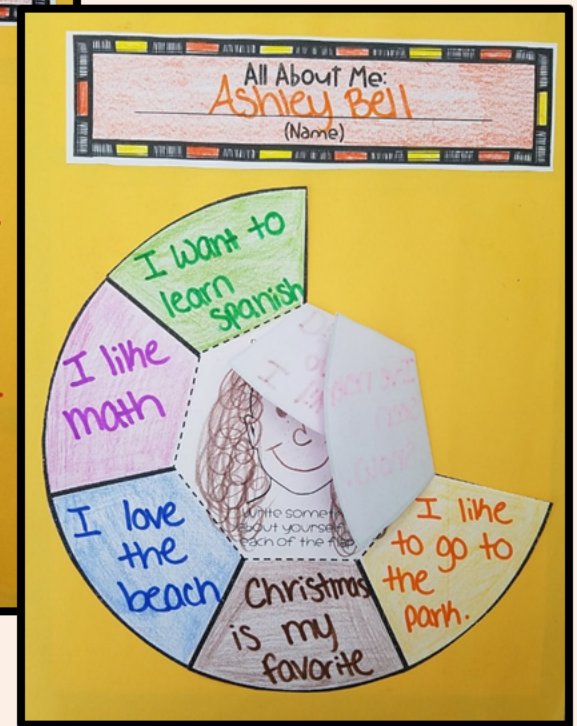
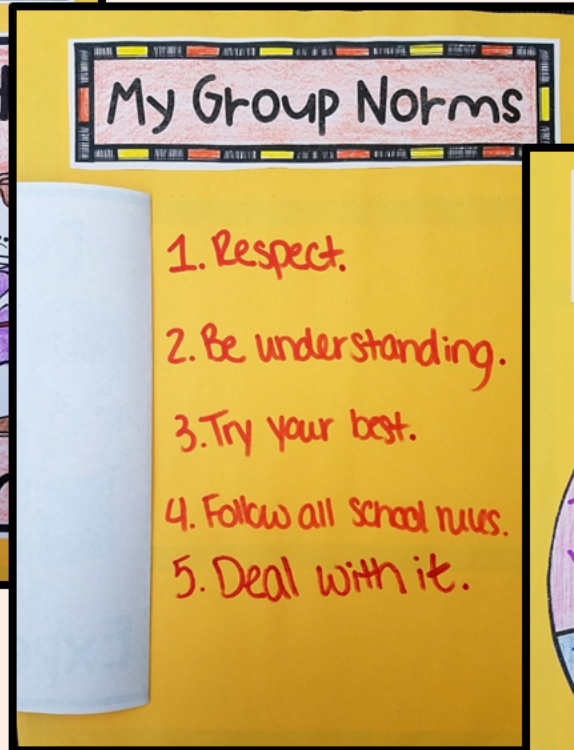
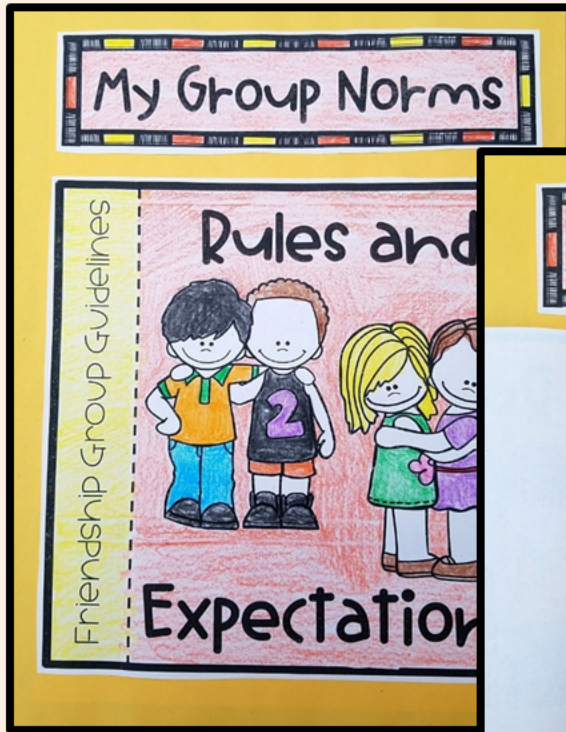
Don't Give Up

Try Again



LESSON #1:

Lesson Outline, Group Introduction, Group Norms, "All About Me" Activity



Establish group norms and provide group members time to become comfortable with one another.

LESSON #3:

Lesson Outline, Posters, Keyholders, and Keys to Friendship Cards



Help students determine the differences between qualities that describe good friendships and qualities that describe unhealthy friendships.

LESSON


#4:

Lesson Outline, Making Friends Posters, "Wanted: Friendship" Coloring Activity

Teach students that body language tells a story. When trying to make a friend, we can find clues to how others are feeling by reading their body language.

Wanted: Friendship

Body Language Attracts New Friends
How would someone know you were looking for a friend?
Draw and describe how you would look and act if you were looking for a new friend.



What would your eyes be doing?
making eye contact

How would your voice sound?
very friendly

What type of expression would you have on your face?
smiling

How could you be confident?
Tell myself I am awesome.

How would your body language show you wanted a new friend?
I would be waving

LESSON #5: Lesson Outline, "Steps to Friendship" Poster, "Steps to Lasting Friendship" Activity

Four Steps to

Step one:

Smile! Say "Hi" and introduce yourself by telling them your name and a little about yourself. Practice your introduction, what would you say? Write your introduction on the lines below.

Hi! I'm Ashley!
How are you
today?

Hello!
My name is David!
Today is my first day
at this school. I'm in
Mrs. Bell's class.
Whose class are
you in?



Step Two:

Talk about something you have in common, ask them about themselves or point out something that may help start a conversation. Think of someone you would like to become friends with. What could you talk about with them?

I am going to
the movies
this weekend. Are
you doing something
fun?

Did you watch that new
movie that just came out?

I like your shirt.
Where did you get it?

That test last week
was harder than I thought
it would be. How do you
think you did?



Lasting Friendships

Step Three:

Invite them to do something fun! Think of opportunities you may have to hang out with that person. Ask them to join you! Think of someone you want to become friends with, what could you ask them to do with you?

Would you
want to come
with me to
the movies?

Do you want to
play tag at recess?

Do you want to be my
partner for this
project?

Do you want to sit
together at lunch?



Step Four:

Not everyone is going to want to be your friend. That's okay! If they say no, ask them if there is something else they would prefer to do. If they still say no, smile, say "That's okay! Thanks anyway." Then move onto finding a new friend. If someone does not want to hang out with you, what could you say?

That's okay. I'm
going to see if
someone else
wants to come.

That's okay! Thanks
anyway! I'm going to go
see if Mark wants to play
tag instead. If you decide
you do want to play, you
are welcome to join
us! See you later!



Students learn the steps to creating lasting friendships.

Mrs. Bell

The CRAFTY
Counselor

LESSON

#6:

Lesson Outline, "Keep or Lose" Poster, Keep or Lose Template & Activity

Teach students actions and behaviors that help them to keep their friends and actions that may cause them to lose friends.

Keeping Friends

Keep a Friend	Lose a Friend

She helps people who do not understand during class.

She includes other people in her games.

She helps people who do not understand during class.

He isn't giving everyone a turn during the game.

He listens to his friend's problems and concerns.

He isn't giving everyone a turn during the game.

Keeping Friends

Keep a Friend	Lose a Friend

She helps people who do not understand during class.

She includes other people in her games.

He listens to his friend's problems and concerns.

He isn't giving everyone a turn during the game.

He isn't giving everyone a turn during the game.

Keeping Friends

Keep a Friend	Lose a Friend

She helps people who do not understand during class.

She includes other people in her games.

She talks through her feelings without hurting others.

He listens to his friend's problems and concerns.

She asks someone who is all alone if they want to join the group.

He will not share the class supplies.

He gets really aggressive during games.

He isn't giving everyone a turn during the game.

He takes money that isn't his.

He is really bossy and makes games less fun.

He gets really aggressive during games.

Keeping Friends

Keep a Friend	Lose a Friend

She helps people who do not understand during class.

She includes other people in her games.

She talks through her feelings without hurting others.

She does not talk behind people's back.

He listens to his friend's problems and concerns.

She asks someone who is all alone if they want to join the group.

He invites them to play a game on the playground.

She smiles at others and is friendly.

He isn't giving everyone a turn during the game.

He will not share the class supplies.

He takes money that isn't his.

He makes fun of people and hurts their feelings.

She is really bossy and makes games less fun.

He gets really aggressive during games.

He makes his friend feel silly for sharing his ideas.

He calls other kids mean names.

LESSON #7:

Lesson Outline, Roleplaying Activity

Roleplaying



Roleplaying



Give students real-life situations and examples that allow them to role-play their newly learned skills.

LESSON #8: Lesson Outline, How to Deal With Rejection Activity

How to Deal With Rejection

Follow up

Be Brave

Goodbye statement

Move forward

Feel, Accept, Reflect

Emotions

Try Again

Don't Give Up

How to Deal With Rejection

Good Bye Statement
 Not everyone is going to want to be your friend. That's okay! If you follow up and they still do not want to be friends, you have to accept it, even if it makes you upset.
 Nicely smile, say something like "That's okay! Thanks anyway! I'm going to see if someone else wants to play tag instead. If you decide you do want to play, you are welcome to join us! See you later!"
 How could you follow up with someone who does not want to be your friend? What could you say?

Follow Up
 Being rejected by someone can cause a lot of different emotions. In the moment, it could make you feel sad. Try to control yourself and put it out if there is a reason why they do not want to be friends.
 Do they like to do different things? Are they not able to talk or play with you now? Is this not the right time for a friendship? Are they having a hard time?

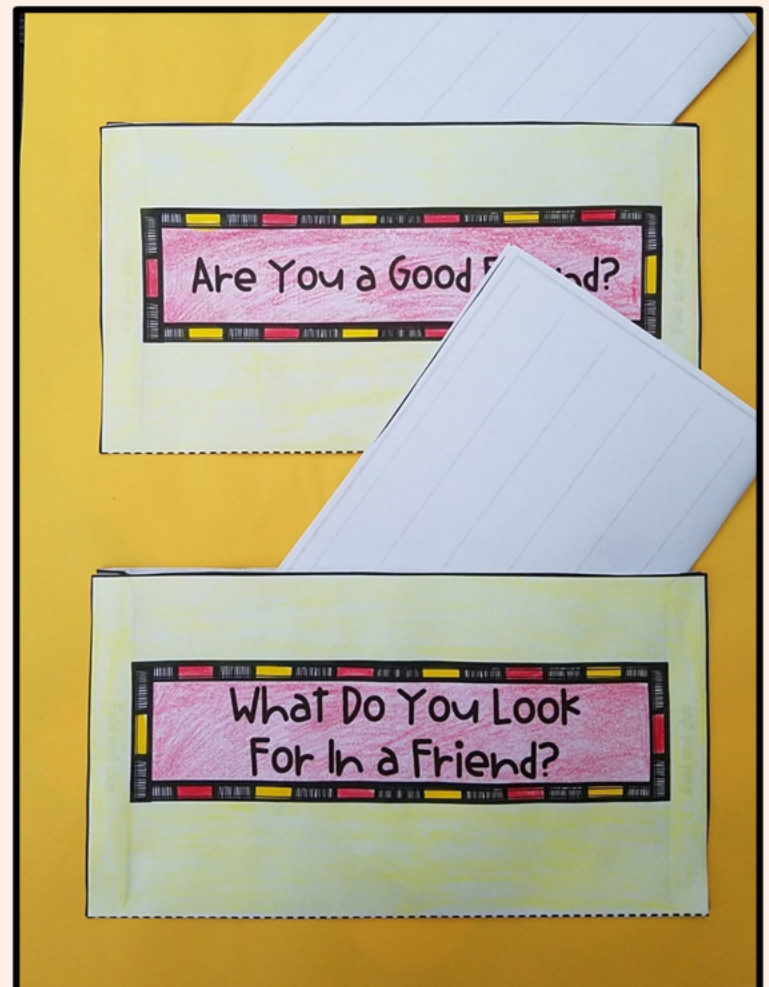
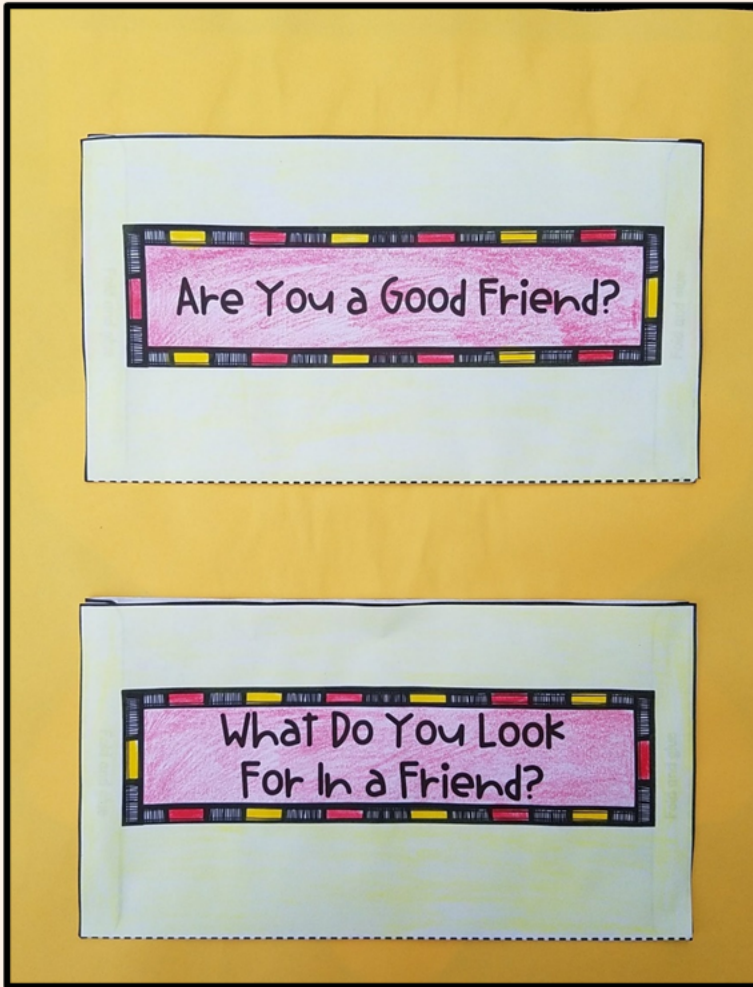
Try Again
 When ready, try to make a new friend. There are all kinds of other people in the world, lots of them may want to be your friend! Don't let a failed friendship keep you from trying to make new friends.
 Think back to the steps you have learned about making a friend. Use your skills to try again.
 What does feel, accept and reflect mean to you? Please describe.

Give students real-life situations and examples that allow them to role-play their newly learned skills.



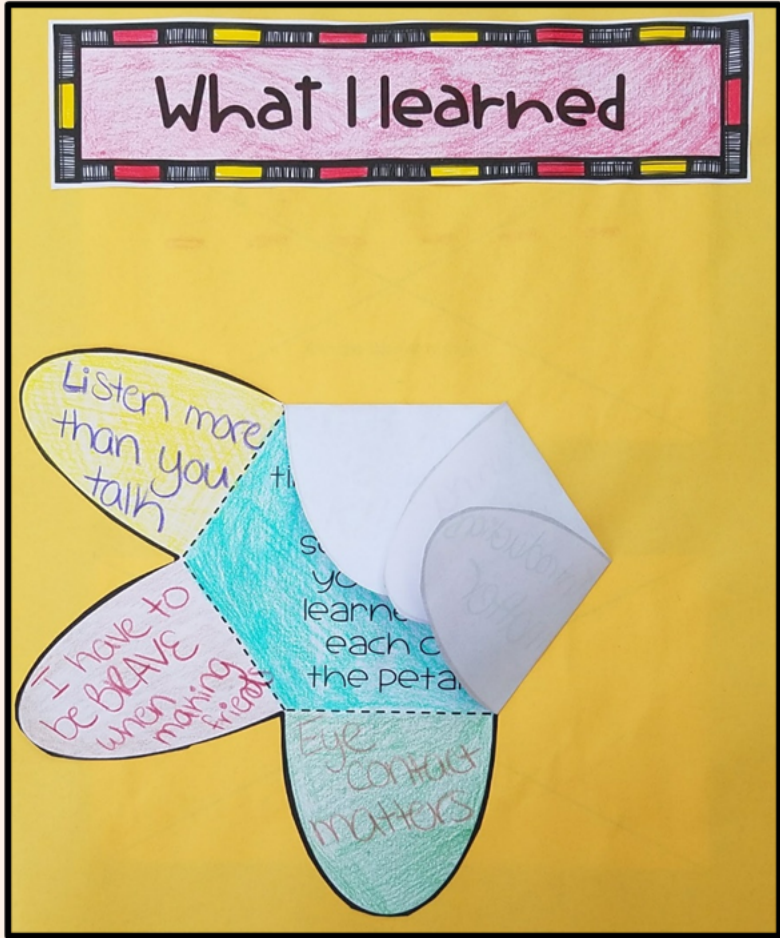
LESSON #9:

Lesson Outline, Letter Template Activities



Give students a chance to show what they know as they practice their letter writing skills.

LESSON #10: Lesson Outline, "What I Learned" Activity and Back Cover

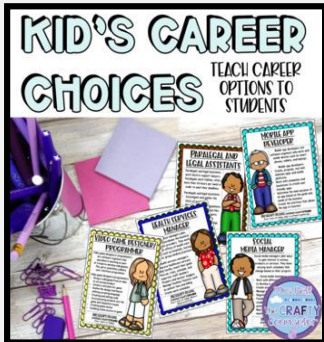


Let students reflect on all they've learned. Answer any lingering questions as you close out your group.

YOU MAY ALSO LIKE:

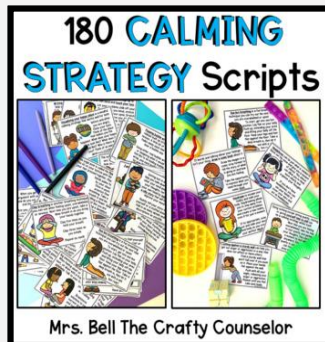
KID'S CAREER CHOICES

TEACH CAREER OPTIONS TO STUDENTS



Materials include a purple folder, a pink paper, and several worksheets with illustrations of children and career-related text.

180 CALMING STRATEGY Scripts

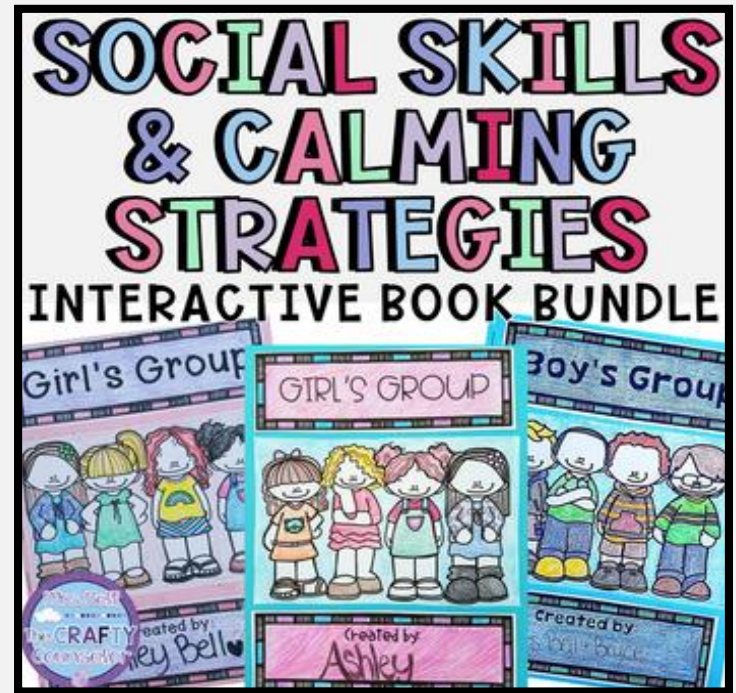


Mrs. Bell The Crafty Counselor

Materials include a purple folder, a yellow paper, and several worksheets with illustrations of children and calming strategy text.

SOCIAL SKILLS & CALMING STRATEGIES

INTERACTIVE BOOK BUNDLE



Girl's Group, GIRL'S GROUP, Boy's Group

Created by Mrs. Bell The Crafty Counselor, Ashley

This bundle features three interactive booklets for Girl's Group, GIRL'S GROUP, and Boy's Group, each with colorful illustrations of children and social skills content.

friendship flipbook

No Cut Flipbook

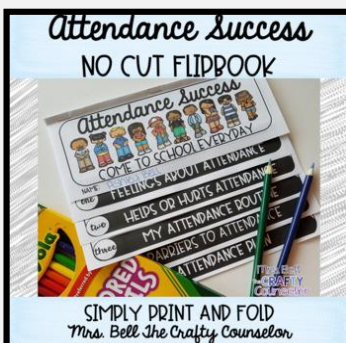


Simply print, fold and staple
Mrs. Bell The Crafty Counselor

Materials include a purple folder, a yellow paper, and several worksheets with illustrations of children and friendship-related text.

Attendance Success

NO CUT FLIPBOOK



Simply Print and Fold
Mrs. Bell The Crafty Counselor

Materials include a purple folder, a yellow paper, and several worksheets with illustrations of children and attendance-related text.

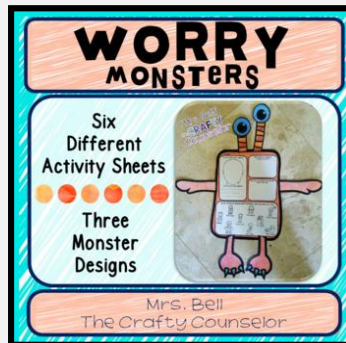
TEASING... Playful or Mean?



Teaching kids the difference
By: Mrs. Bell The Crafty Counselor

Materials include a purple folder, a yellow paper, and several worksheets with illustrations of children and teasing-related text.

WORRY MONSTERS

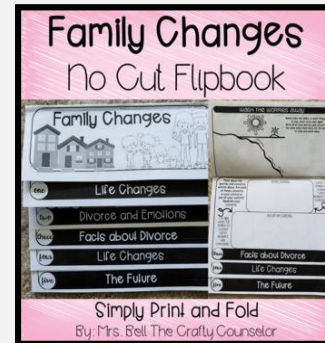


Mrs. Bell The Crafty Counselor

Materials include a purple folder, a yellow paper, and several worksheets with illustrations of children and worry-related text.

Family Changes

No Cut Flipbook

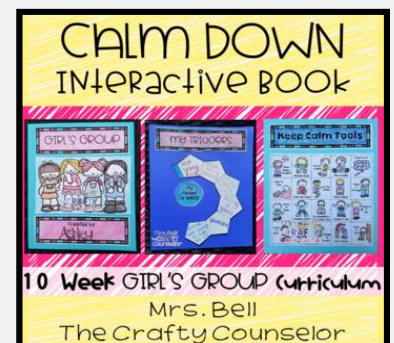


Simply Print and Fold
By: Mrs. Bell The Crafty Counselor

Materials include a purple folder, a yellow paper, and several worksheets with illustrations of children and family changes-related text.

CALM DOWN

INTERACTIVE BOOK



10 Week GIRL'S GROUP Curriculum
Mrs. Bell The Crafty Counselor

Materials include a purple folder, a yellow paper, and several worksheets with illustrations of children and calming strategies-related text.



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