

HEALTHY FRIENDSHIPS

Ten-Weeks of Lesson Plans

Girl's Group

My Group Norms



Rules and

Girl's Group Guidelines

An illustration of two girls. On the left, a girl with long brown hair wearing a blue dress with white polka dots and red shoes, with her hand to her chin in a thinking pose. On the right, a girl with red hair wearing glasses, a yellow shirt, green pants, and purple shoes, also with her hand to her chin. A watermark for 'Mrs. Bell The CRAFTY Counselor' is visible between the girls.


Mrs. Bell
The CRAFTY
Counselor

Created by:
Ashley Bell

Mrs. Bell
The CRAFTY
Counselor

Ten weeks of lessons, activities, and strategies you can use to teach students friendships skills and the difference between friends and frenemies.

Girl's Group



Created by: Ashley Bell

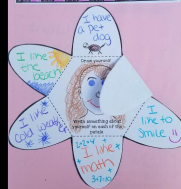
My Group Norms

Girls Group Guidelines

Rules and Expectations

1. No winning + no fighting
2. No sharing secrets
3. No talking back or being rude
4. No bully-like actions
5. Respect each other.


All About Me: Ashley Bell




What Do You Look In a Friend?

Are You a Good Friend?

Roleplaying



FRIENDS




of have.

It'd nice to have friends who believe in me and make me feel good about myself.

Mrs. Bell
The CRAFTY Counselor


FRENEMIES



Quality Sorts


offers helpful advice

Friend



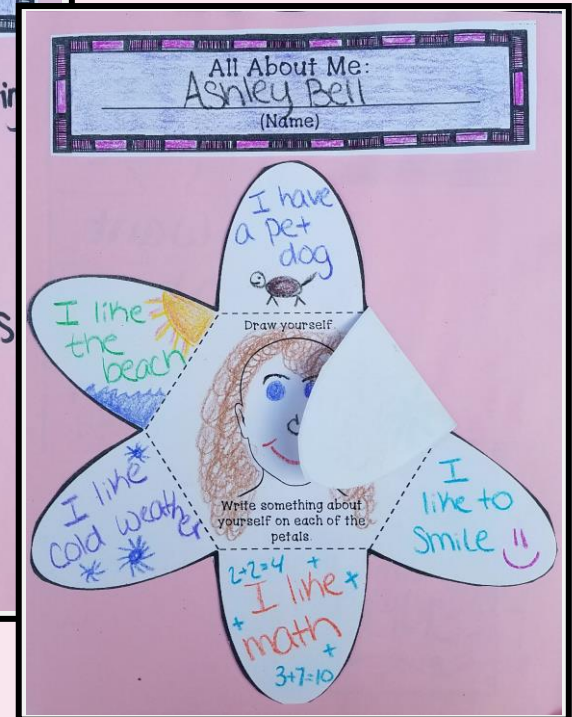
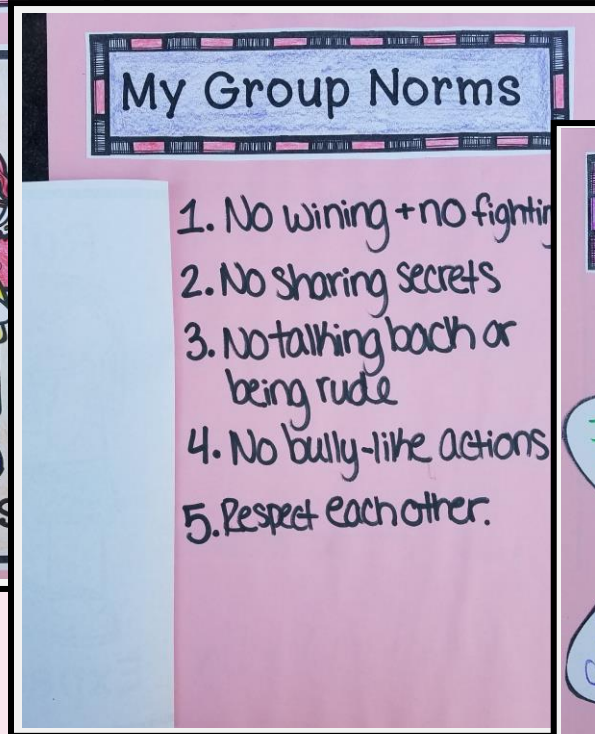
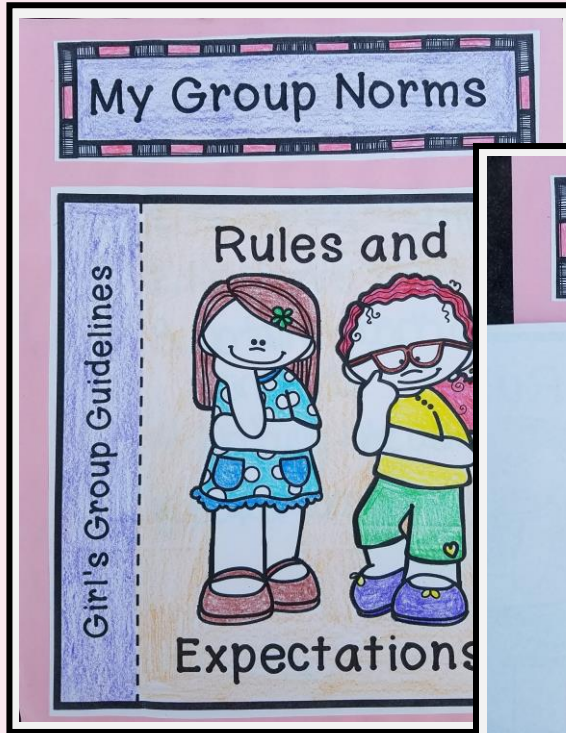
discourages you

Frenemy



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 #2: Lesson Outline, Friend or Frenemy Posters, Definition Puzzles, Foldables

Friends

People that care for each other and want to see each other do well.

A good friend is...

What is an example of a good friend?

A frenemy is...

What is an example of a frenemy?

Frenemy

People that act like a friend to your face but do not truly look out for your well being.

Friend

People that care for each other and want to see each other do well.

Draw a quick example of someone being a good friend.

Describe.

Be friendly!!

Frenemy

People that act like a friend to your face but do not truly look out for your well being.

Draw a picture of what it means to be a frenemy.

Describe.

A frenemy is not nice and hurts your feelings.

Frenemy

People that act like a friend to your face but do not truly look out for your well being.

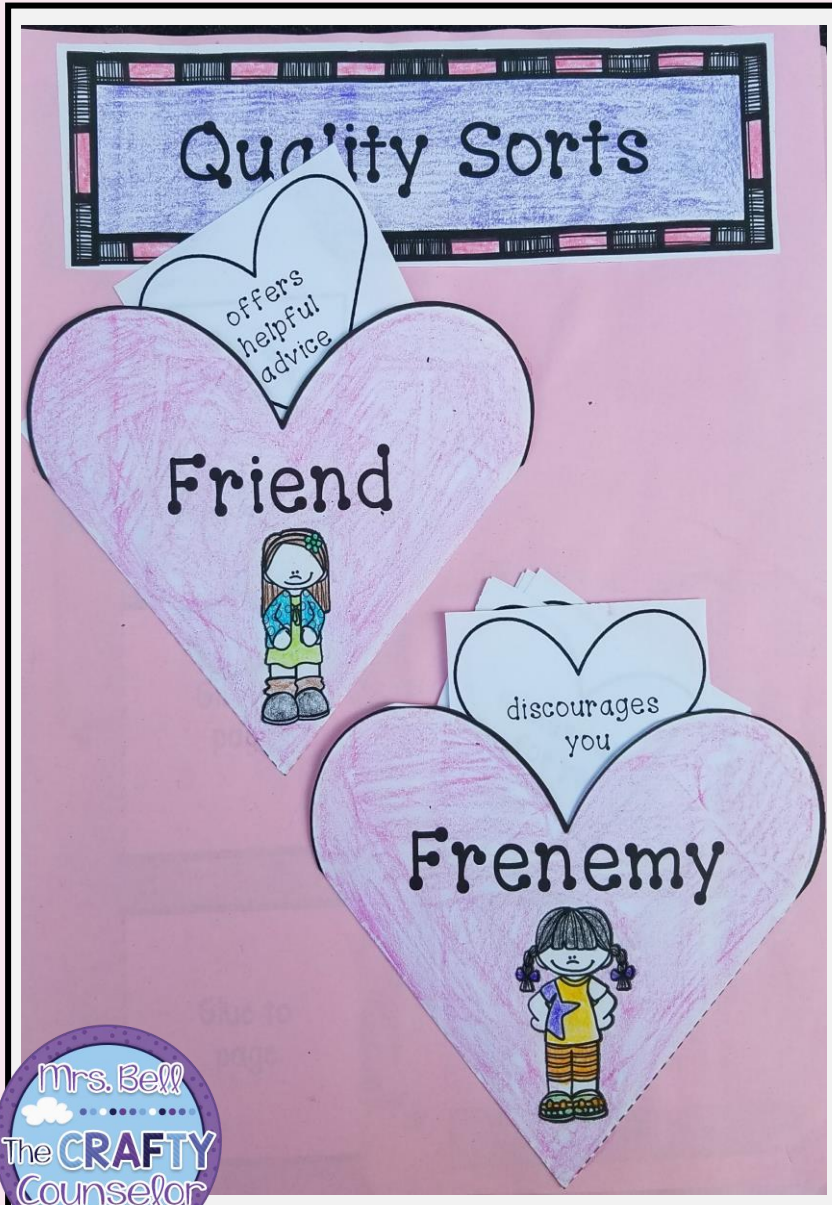
Draw an example of frenemy like actions.

Describe.

making fun of someone behind their back.

Explicitly teach the difference between friends and frenemies.

LESSON #3: Lesson Outline, friend and Frenemy Quality Posters, Quality Sort Activity



Help students determine qualities that describe good friends.

LESSON #4: Lesson Outline, Friend-like or Frenemy-like Posters, Sortable Situations and Friend/Frenemy Template

Friend vs. Frenemy

Friend		Frenemy	
She thinks about her "friend's" feelings.	She is offering her "friend" some good advice.	She is bossing her "friend" around.	She hurts her "friend's" feelings on purpose.
She is keeping her "friend's" secret safe.	She includes her "friend" in activities.	She doesn't care if her actions hurt her "friend's" feelings.	She made fun of her "friend" behind her back.
She is giving her "friend" a nice compliment.	She thinks about how her actions may affect her "friend".	She makes her "friend" feel like she can't do anything.	She made fun of her "friend" behind her back.

Sortable situations (cutouts):

- She thinks about her "friend's" feelings.
- She is offering her "friend" some good advice.
- She is bossing her "friend" around.
- She hurts her "friend's" feelings on purpose.
- She is keeping her "friend's" secret safe.
- She includes her "friend" in activities.
- She doesn't care if her actions hurt her "friend's" feelings.
- She made fun of her "friend" behind her back.
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Friend vs. Frenemy

Friend		Frenemy	
She thinks about her "friend's" feelings.	She is offering her "friend" some good advice.	She is bossing her "friend" around.	She makes her "friend" feel silly for sharing her ideas.
She is keeping her "friend's" secret safe.	She makes her "friend" feel like she can do anything she tries to.	She makes rules for her "friends" and bosses them around.	She's talking behind her "friend's" back.
She includes her "friend" in activities.	She supports her "friend's" ideas and dreams.	She doesn't care if her actions hurt her "friend's" feelings.	She hurts her "friend's" feelings on purpose.
She is giving her "friend" a nice compliment.	She thinks about how her actions may affect her "friend".	She makes her "friend" feel like she can't do anything.	She made fun of her "friend" behind her back.

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Let students solidify their understanding with real life examples.

LESSON #5:

Lesson Outline, Friend or Frenemy Dice, Question Posters, Page Inserts



Students will explore the meaning of both friends and frenemies. They will answer questions, define, and describe each concept.

LESSON #6: Lesson Outline, Keys to Healthy Friendship Activity

Teach students the "keys" to friendship. Compare and contrast qualities of a good friend and of frenemies.

Keys to Good Friendships



Healthy Friendships



Unhealthy Friendships

Make you

Work as part
of your team

Laughs
and jokes
with you.

LESSON

#7

Lesson Outline, Friendship Question Squares Activity

How to Deal

Good Friends **Spot a frenemy**

Stand Up To Frenemies **Leave a frenemys hip**

How to Deal

Good Friends **Spot a frenemy**

Stand Up To Frenemies **Leave a frenemys hip**

What tips for being a good friend would you add?

- Smile
- Be nice
- let them know you care

How would you spot a frenemy?

How would you stand up to a frenemy?

How would you leave a frenemys hip?

Teach students how to identify and stand up to frenemies. Describe how to respectfully leave a frenemys hip.

How to Deal

What tips for being a good friend would you add?

- Smile
- Be nice
- let them know you care

How would you spot a frenemy?

I would watch out for people that are mean but pretend to be a friend.

How would you stand up to a frenemy?

I would let them know how I feel.

How would you leave a frenemys hip?

I would tell them it isn't working out and make new friends.

How to Deal

What tips for being a good friend would you add?

- Smile
- Be nice
- let them know you care

How would you spot a frenemy?

I would watch out for people that are mean but pretend to be a friend.

How would you stand up to a frenemy?

I would let them know how I feel.

How would you leave a frenemys hip?

I would tell them it isn't working out and make new friends.

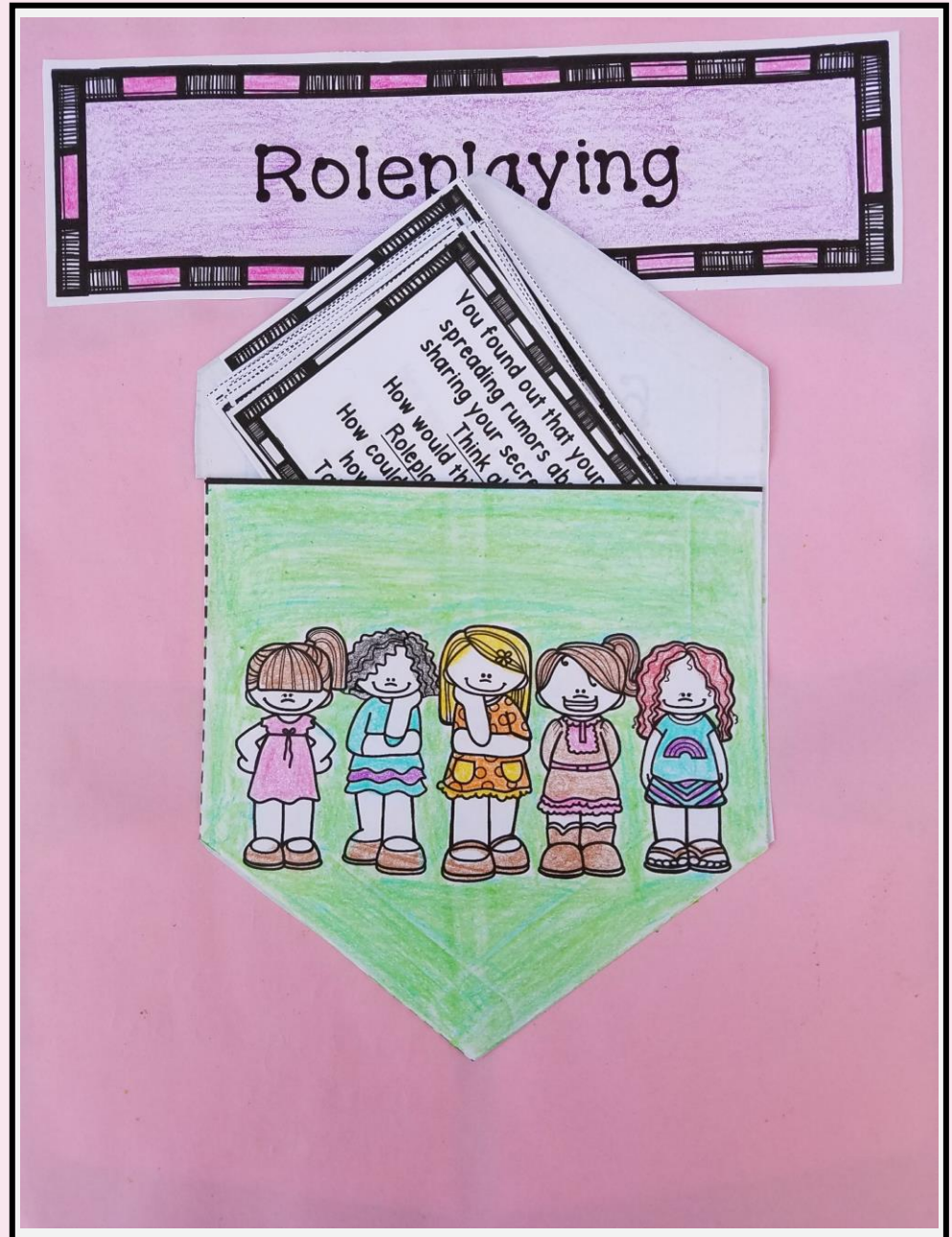


LESSON

#8:

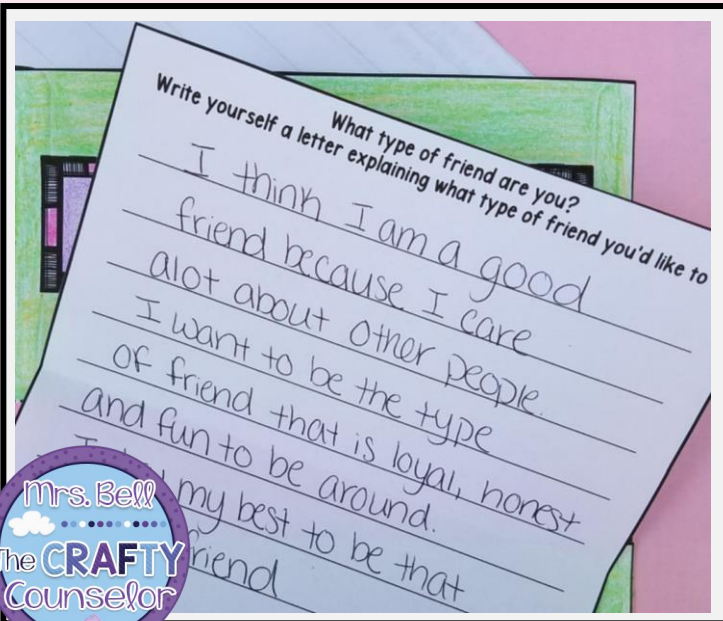
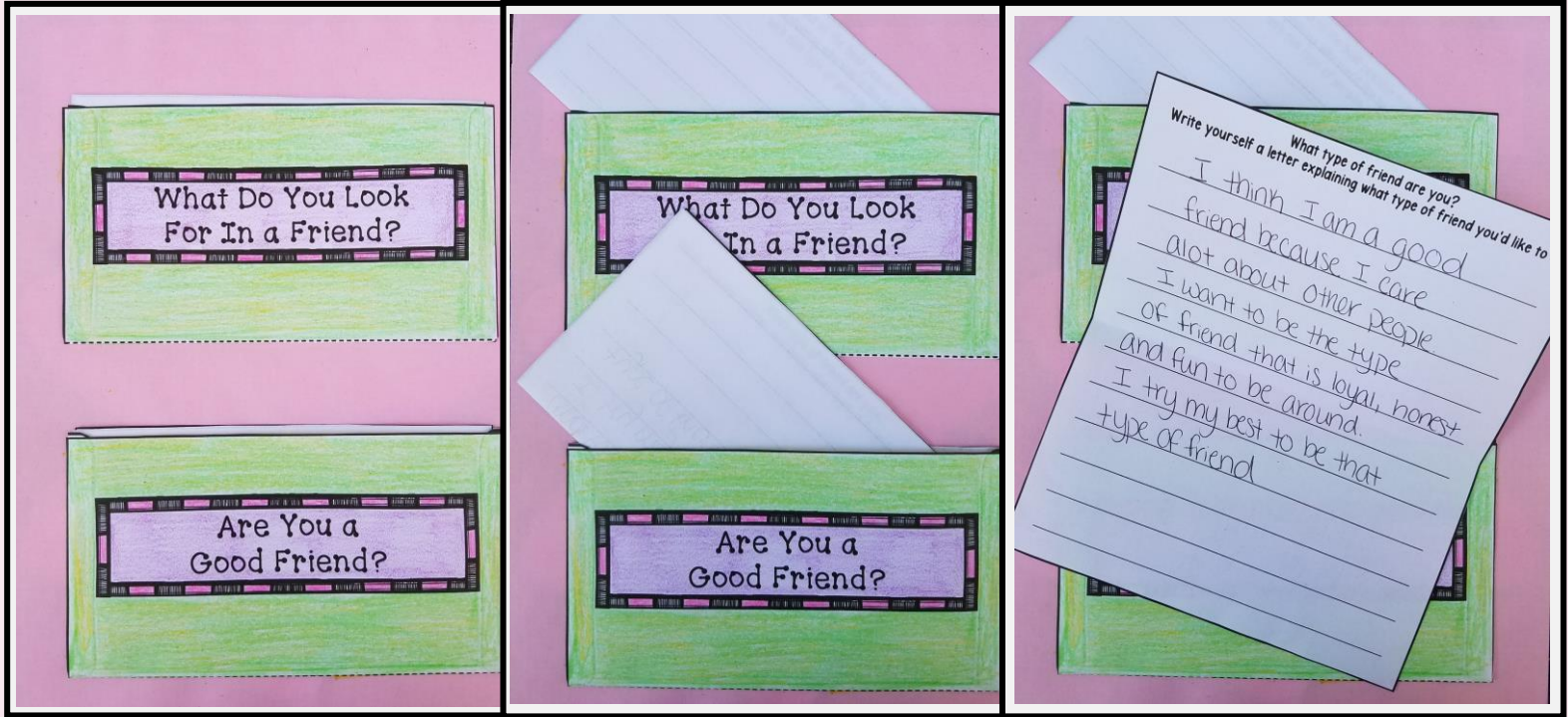
Lesson Outline, Roleplaying Cards and Activity

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



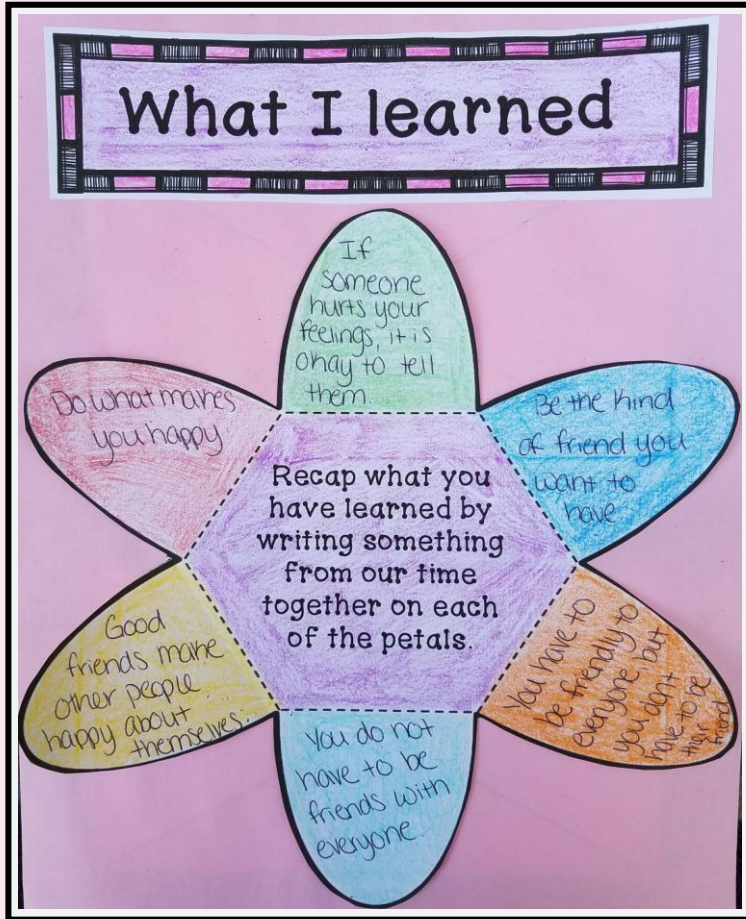
LESSON #9:

Lesson Outline, Letter Template Activities



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

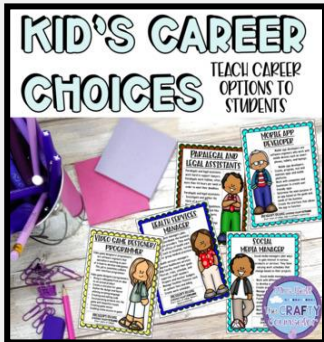
LESSON #10: Lesson Outline, "What I Learned" and "How I've Changed" Foldables



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

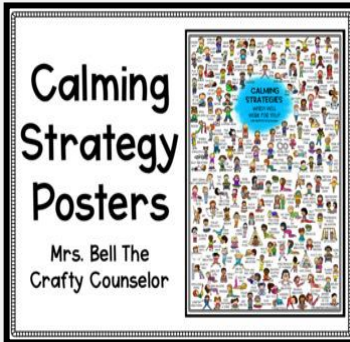
YOU MAY ALSO LIKE:

KID'S CAREER CHOICES
TEACH CAREER OPTIONS TO STUDENTS



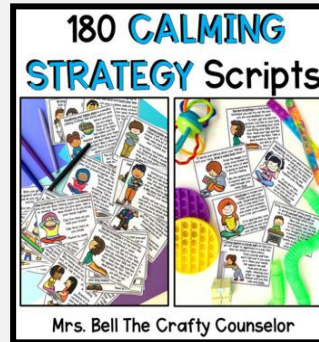
Mrs. Bell The Crafty Counselor

Calming Strategy Posters



Mrs. Bell The Crafty Counselor

180 CALMING STRATEGY Scripts



Mrs. Bell The Crafty Counselor

WOULD YOU RATHER?
Decision Making Game



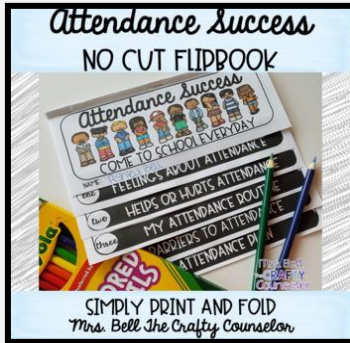
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Calm Down Control Game
Promote Social/Emotional Growth



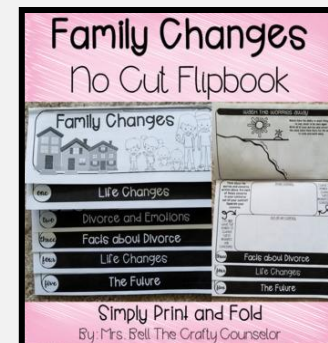
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Attendance Success NO CUT FLIPBOOK



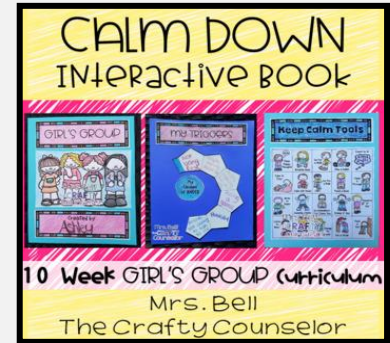
Simply Print and Fold
Mrs. Bell The Crafty Counselor

Family Changes No Cut Flipbook



Simply Print and Fold
By Mrs. Bell The Crafty Counselor

CALM DOWN INTERACTIVE BOOK



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TEASING... Playful or Mean?



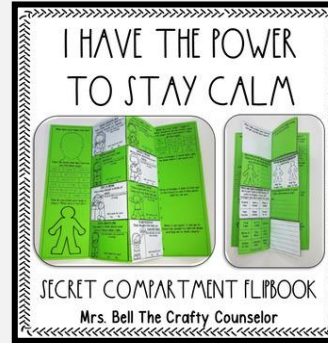
Teaching Kids The Difference
By: Mrs. Bell The Crafty Counselor

WORRY MONSTERS



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I HAVE THE POWER TO STAY CALM



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friendship flipbook No Cut Flipbook



Simply print, fold and staple
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