



## Grade K Sample Lesson Plan: Unit 1 – Friendship and Social Skills

### SOLs

- K.1.0 Describe what it means to be a friend and to show consideration and concern for others.
- K.2.P Identify why friends are important and how to cooperate and share with others.
- K.3.0 Identify strategies for making friends.
- K.3.P Demonstrate acceptable behavior in classrooms and during play, to include showing respect for the personal space of others.
- K.3.Q Apply strategies for establishing social and physical barriers, to include polite refusal skills, cooperation with others, and adaptation to change.

### Objectives/Goals

- Following are selected lessons, resources, and activity ideas for addressing these SOLs. Friendship and social skills should be introduced on the first day of class and reinforced throughout the year.

### Materials

#### Friendship Lesson Plans

KidsHealth.org provides the following three teachers guides for building friendship and social skills:

#### *Bullying*

- <https://classroom.kidshealth.org/classroom/prekto2/problems/emotions/bullying.pdf>

#### *Conflict Resolution*

- [https://classroom.kidshealth.org/classroom/prekto2/personal/growing/conflict\\_resolution.pdf](https://classroom.kidshealth.org/classroom/prekto2/personal/growing/conflict_resolution.pdf)

*Getting Along*

- [https://classroom.kidshealth.org/classroom/prekto2/personal/growing/getting\\_along.pdf](https://classroom.kidshealth.org/classroom/prekto2/personal/growing/getting_along.pdf)

*Sportsmanship*

- <https://classroom.kidshealth.org/classroom/prekto2/personal/fitness/sportsmanship.pdf>

## Procedure

### Friendship and Cooperation Activities

- Ask students to illustrate additional pages for the class name book to show friendly actions (e.g. sharing, taking turns, apologizing, helping others, being polite and giving compliments)- Source:  
<http://www.elementaryschoolcounseling.org/making-and-keeping-friends.html>
- Ask each student to show their illustration and to talk about the qualities of a good friend.
- State your desire that students be good friends to each other in this classroom and collaboratively create and post a set of class rules that promote cooperation and friendship.
- Reading stories about friendship or viewing brief videoclips can reinforce student learning and kickstart class conversations about various aspects of friendship. Some examples follow:

Daniel's Neighborhood – Find A Way to Play Together (PBS Learning Media) video and cooperative activities <https://www.pbslearningmedia.org/resource/414fa9d8-b12d-46cd-840b-6671ffcbadb/414fa9d8-b12d-46cd-840b-6671ffcbadb/#.WL4ACGVNFho>

Daniel's Neighborhood – Katerina Sneaks in Front (PBS Learning Media) video:Katerina gets mad when told its not her turn. An activity is provided to help children manage angry feelings <https://www.pbslearningmedia.org/resource/25bb2e63-2508-4926-a178-ed01518def6d/25bb2e63-2508-4926-a178-ed01518def6d/#.WL4BB2VNFho>

Dinosaur Train - Hootin' Hadrosaurs! (PBS Learning Media) shows how one dinosaur learns to tone down her bossy behavior.

<https://www.pbslearningmedia.org/resource/ae957f2e-3361-431d-8c69-38dbba56ad82/ae957f2e-3361-431d-8c69-38dbba56ad82/#.WL3-D2VNFho>

Sesame Street: Come and Play – A song about how to make a new friend

<https://youtu.be/LaTKfMJ3jd0>

Sesame Street: What is a Friend?

<https://www.youtube.com/watch?v=iPux6QAkBdc>

The Playground is For Everyone (HRSA.gov) teaches children what bullying is and that it is best to share and include others. [https://youtu.be/---E\\_YtatRU](https://youtu.be/---E_YtatRU)

The Sneetches (Dr. Seuss) depicts unfriendly behavior. The starbellied sneetches ostracize the plain bellied sneeches. A man appears and offers stars and star removal and the sneeches learn that neither plain belly nor star belly sneetches are best and they begin to get along and become friends.

[https://www.youtube.com/watch?v=PdLPe7XjdKc&list=PLkA4jpIp9sZU7zV\\_87WSkkOvLz7Va3buT](https://www.youtube.com/watch?v=PdLPe7XjdKc&list=PLkA4jpIp9sZU7zV_87WSkkOvLz7Va3buT)

The Zax ( Dr. Seuss) teaches what happens when two people refuse to compromise.

[https://www.youtube.com/watch?v=LaQXOrbqAbM&index=1&list=PLkA4jpIp9sZU7zV\\_87WSkkOvLz7Va3buT](https://www.youtube.com/watch?v=LaQXOrbqAbM&index=1&list=PLkA4jpIp9sZU7zV_87WSkkOvLz7Va3buT)

Yes, That's Bullying (HRSA.gov) teaches children what bullying is and that it is not okay.

<https://www.youtube.com/watch?v=XVnY8qPbP1U>

### **“We are Different and the Same” Activity**

Kiwis and eggs are two of many items that could be used to illustrate to children that "it's what's on the inside that counts." The outside of a Kiwi is rough and hairy and does not look edible. Inside, however, it is green, fruity, and deliciously sweet. From the external differences of brown and white eggs, one would assume that the insides would also be different. Crack them and your students will discover that they are actually the same. Sum up the activity by saying, “Even though we may all look different, we can be friends”.

Source: <http://www.elementaryschoolcounseling.org/making-and-keeping-friends.html>

### **Making New Friends Discussion**

Following are some questions that can facilitate a class talk where students share their ideas about how to make and keep friends and teachers reinforce positive social skills. These can be presented as question and answer discussions or acted out in role plays.

- How can you let them someone know you want to be friends?
- What things can you do to be a good friend?
- What kinds of problems can happen with friends?
- When might you need an adult to help you with a friend problem?
- What can you say or do if:
  - You see other students playing a game and you want to join them?  
How could you let them know you want to play?

- You are swinging on the swings and see someone else who has been waiting a long time for a turn?
- Your best friend is not at school today and you aren't sure who to sit with at lunch? What could you say if you don't know someone but want to be friends with that person?
- Someone just asked you if he/she could play a game with you and another friend?
- You are playing by yourself and other boys and girls keep bothering you?
- You want to play a game with some other students, but they tell you they already have enough people?
- Another student grabs something you are playing with and says he/she wants to play with it now
- At lunch a classmate is mad at you or tells you, "you can't be my friend any more."
- Is it friendly or unfriendly if someone:
  - tells you what to do?
  - shares and takes turns with you?
  - bosses you around?
  - listens to you?
  - tells you to do something that isn't allowed?
  - gives you half a cookie?
  - tells you to do something that isn't allowed?
  - Wants to be friends because you have a new toy they like?
  - Helps you get up if you fall down on the playground?
- What can you do if someone acts unfriendly?
- Is it okay to have more than one friend?
- What could happen if you are friendly to another student you don't know?

Source: Olweus - Class Meetings that Matter – Grades K-5, Vicki Crocker Flex et al., Hazelden

[http://www.hazelden.org/OA\\_HTML/ibeCCtpItnDspRte.jsp?item=13746&sitex=10020:22372:US](http://www.hazelden.org/OA_HTML/ibeCCtpItnDspRte.jsp?item=13746&sitex=10020:22372:US)

### **Getting to Know Each Other Activities**

The first step of friendship is getting to know each other, including by learning each other's names. Creating a class name chart or name book is a way for students to introduce themselves and feel part of the class. A sample set of instructions for creating

a name book is available at [www.kindergarten-lessons.com](http://www.kindergarten-lessons.com).

(The Dr. Seuss story, The Daves, underscores the value of children having different names. A reading of this is available on YouTube at <https://www.youtube.com/watch?v=zpNndX7yo8g>.)

Another easy getting-to-know you icebreaker involves having students stand in a circle and toss beanbags (squares, animals, etc.) to each other. The teacher starts off by tossing the bean bag to a student and asking the student to say his/her name and share one piece of personal information to help their classmates get to know them (e.g., something that makes him/her special, a favorite color, how many sisters/brothers he/she has, etc.). The student passes the beanbag to the next student who shares information and this continues until all students have shared information. This activity can also be done by having students sit in a circle and roll a ball across to one another. Source: [www.freeartsminnesota.org](http://www.freeartsminnesota.org).