

# Social Emotional Learning

## Lesson 4: Relationship Skills

### Twiggle Makes Friends

#### SEL Objectives:

- To use a story to teach children about behaviours linked to positive friendships.
- To teach children three specific aspects of friendships: playing together, sharing and helping each other.

#### Talking Points:

- Explain to your child/ children that you want to have a caring home where everyone feels happy and gets along with one another. We want to treat each other the same way we do our friends at school/ nursery. A question prompt:
  - *‘What do you do with your friends at nursery/school that makes you feel happy?’*
- Discuss with your child/children some questions about their friends:
  - *‘What do you like most about your friends?’*
  - *‘Why is ...(name) your friend?’*
- Children will mostly share games and activities they like playing and doing with their friends. Encourage them to talk about a specific time they played with that friend. Guide their story with questions such as;
  - *‘Did you share anything during the game?’*
  - *‘How did it make you feel when you/ your friend shared with you?’*, *‘Did you or your friend need help during the game?’*
  - *‘What did you/they do to help?’*
- Look for opportunities to reinforce the specific aspects of friendship: playing together, sharing and helping. For example if your child/children are finding it difficult to share a toy, you may want to question aloud:
  - *‘I wonder how... feels when you don’t share?’*
  - *‘Would you like to tell... how you are feeling because ... is not sharing the toys?’*
- Some discussion questions for after watching the video below:



- *‘Have you ever felt lonely like Twiggle? What did you do?’*
- *‘Twiggle loved playing tig with his friend Henrietta. What is your favourite game to play with your friends?’*
- *‘Daphne needed help in the story, can you think of a time when you helped your friend with something?’*
- *‘Have your friends ever helped you with anything? How did you feel?’*
- *‘Duke and Twiggle shared a snack. What is your favourite snack to share?’*

### **Accompanying Video:**

The Barnardo’s SEL team have created a short video to help with the talking points above. Your video will be shared to [www.facebook.com/pathseducation](https://www.facebook.com/pathseducation) and <https://twitter.com/PATHSEdUK> on 11/5/20.

### **Supplementary Activities:**

There are 3 different SEL activities to complement this lesson that you may wish to use. These will be shared in an individual activities booklet along with the accompanying video.

|             |                       |
|-------------|-----------------------|
| Pre-School: | Friendship Art        |
| Age 4-7:    | Friendship Chains     |
| Age 7-11:   | Friendship Intentions |

### **Reminders:**

Following each SEL lesson, you could try to incorporate family complimenting as part of your weekly routine.