

Trying to Be a Good Friend

Health and Wellbeing

Our Learning intention in Health and Wellbeing is to understand the qualities of being a good friend. As stated in the Unicef Children's Charter, which we looked at in the first few weeks of Primary 5 'You have the right to choose your own friends and join or set up groups, as long as it isn't harmful to others'

What makes a good friend?



Task

Have you ever thought about what it takes to be a good friend? Everyone wants a good friend—but friendship is a two-way street. Look at the worksheet and read all the boxes. Colour code them using green, amber and red to see how well you are doing at trying to be a good friend.

Don't worry if you have to colour any of them in red, just stop and think how you could change it to a green or amber in the future.

Green - Yes I do this

Amber - I do this a little bit

Red - I do not do this

Upload your work under the Assignments tab

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	I do all the time (or most times)...	I usually...	I sometimes...	I rarely...	I very rarely/never...
Sharing	I always share my toys with my friends.	I usually share my toys with my friends.	I sometimes share my toys with my friends.	I prefer not to share my toys with my friends.	I like it when people share their toys with me, but don't like sharing mine.
Choosing who to play with	I can always find someone to play with.	I usually find someone to play with.	I sometimes need help to find someone to play with.	I need help to find someone to play with.	I mostly prefer to play by myself.
Using kind words, e.g. 'You are a good friend.'	I can always say something kind to my friends.	I usually say something kind to my friends.	I sometimes say something kind to my friends.	I need help to say something kind to my friends.	I like it when people say kind things to me.
Listening	I always try to listen to my friends.	I usually listen to my friends.	I sometimes listen to my friends.	I need help to listen to my friends.	I like it when my friends listen to me.
Playing	I always like to play with my friends.	I usually like to play with my friends.	I sometimes play with my friends.	I need help to play with my friends.	I like to play alone.



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	Red/ Amber/ Green	Reflection (examples or reasons)	Action (how can I be a better friend?)
Example: I like it when people share their toys with me.		I sometimes find it hard to share my toys and school equipment because I worry they'll get broken or lost.	I can be more trusting or explain my worries and ask people to be careful instead of just saying 'no'.
I like it when people share their toys with me.			
I like to play by myself.			
I like playing in <i>a</i> group and with different people.			
I like to play in <i>a</i> pair and with the same person.			
I like it when my friends give me <i>a</i> compliment			
I like it when my friends listen to me.			
I like to listen to my friends.			
I like to ask people to play.			

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I like to <i>have</i> friends.			
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