

Friendship and Fairness

PDMU STRANDS:

**Personal Understanding
and Health**

**Mutual Understanding in the
Local and Wider Community**



A Good Friend

- In pairs, invite the children to chat about the things that make a friend a good friend, and then to choose the one that they think is the most important.
- Teacher can brainstorm a few ideas to start off, e.g. kindness, good fun, loyalty, fairness, etc.
- Allow about five minutes and then ask each pair what they considered the most important quality to be. Write them on the board.
- Now invite the children to reflect for a minute on which of the qualities they think they have themselves that makes them a good friend.

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Role-play

Three volunteers are needed for this role-play. It would be best to choose children who are confident at role-play first.

- One pretends to be having a birthday party and asks one friend but not the other. They should whisper behind the other child's back, while the other child tries to figure out what's going on. Invite the children to make up conversation and to act out the scene.
- After the role-play, about five minutes, ask the class if they think that what happened was fair. Why or why not?
- Explore what a good friend might have done.
- Talk about other unfair situations a child may come across in the yard or when out with friends.
- Explore the way good friends speak to each other. Invite the children to reflect on how it feels to be left out.
- Explore what a bystander can do in this situation. When is it best to involve an adult? Refer to the school's anti-bullying policy.

Art

Ask the children to pick one situation where unfairness might occur with a group of friends – online, on phones, on the school bus, in the yard, at a shopping centre. Invite the children to sketch one such scene. They may use speech bubbles if it helps. Then allow time for them to explain it to the child beside them.

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Reflection

Invite the children to close their eyes and read the following reflection:

Think of a time when you felt that someone was unfair or mean to you. How did you feel? Were you upset? Did you feel angry or scared or lonely? Did you tell your parents or another adult? Have you ever treated someone badly and then been sorry for it afterwards? Did you apologise or just say nothing? Were you nice to them another time to make up for it? Think of all the ways of being a good friend that we talked about. Let's decide to work on one of them this week. Will you try to be more patient? Kinder? More generous? Share more? Stand up for someone? Think about it now.

Jesus called us to be kind and loving to one another. We ask him to help us as we work to be better friends to each other. We ask him to help us to be fair at all times. Amen.