





Parent Info:

This week focuses on supporting healthy friendships and the importance of connecting with others.

Why is this important?

Social connection and friendships are important contributors to emotional wellbeing. Friendships help us to feel that we belong, that we have purpose, they also reduce levels of stress and improve our sense of confidence and self-worth. Finding a way to encourage and strengthen friendships has never been more important than during these unprecedented times of social isolation.

How can we grow this area?

We can help children to develop this area by supporting them to learn about what makes a good friend, how we can reach out to others and let them know we care, in addition to modelling positive relationships at home.

Worksheets included:

1) **Support map**: This can help children to think about who the important people in their life are.
2) **Friendship recipe**: This is a creative challenge to help children reflect on what they feel makes a good friend.
3) **Kindness challenge**: An opportunity to encourage and share kindness.

4) **How can I be a good friend worksheet**: An information sheet about qualities that make a good friend.
5) **Friendship challenge**: A scavenger hunt style worksheet that supports children to find out more about their friends and family to further strengthen connections with others.
6) **3-2-1**: As a thread across all topics, each week the 3-2-1 exercise to promote a growth mindset will be included. It encourages reflection and curiosity.

Additional online resources:

- **BBC bitesize Friendships -** https://www.bbc.co.uk/bitesize/topics/zy77hyc

My Support Map

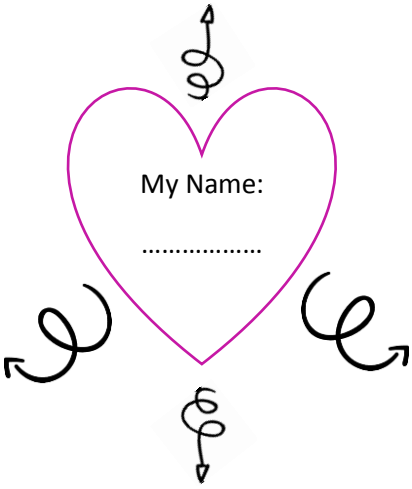
Have a think about all the people in your life who support you. In each box write down who supports you in these different areas. It is important to know who we can reach out if we need help and support.

People who support me in my community

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Friends who support me

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Family who support me

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People at school who support me

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Recipe for a great friend

A tablespoon of…

A cup of…

A drop of…

A sprinkle of…

A teaspoon of…

A dash of…

Mix together with…

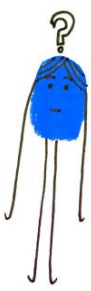
Add a pinch of…

And bake!

Kindness Challenge

A little kindness goes a long way. This week why not have a go at performing one act of kindness each day If you would like to, you can use the table below to record what you did and what happened:

	What did you do?	*Why did you choose this activity?*	*What happened?*	*What did you learn?*
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

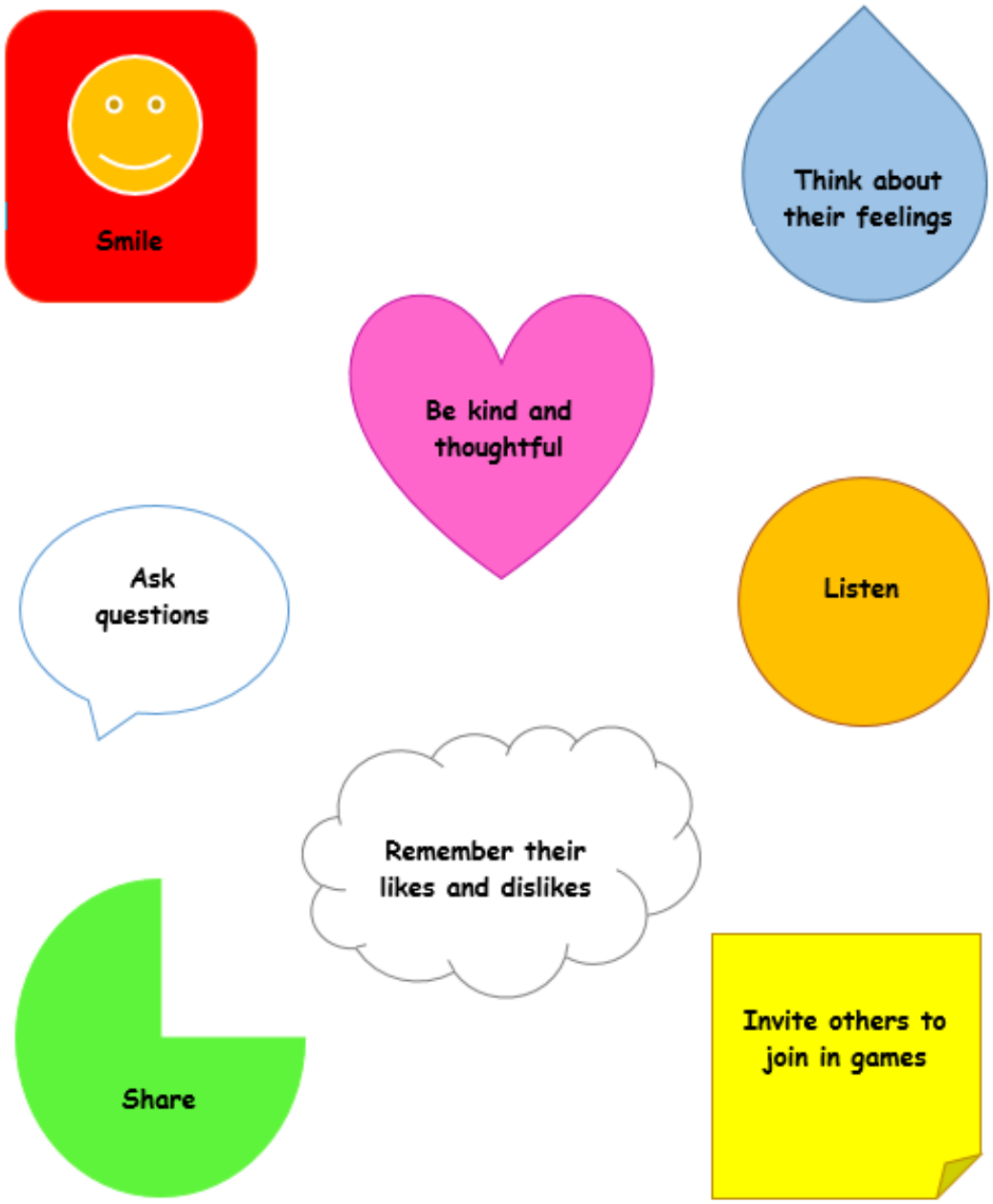


Stuck for ideas?

- What about giving someone a compliment
- Helping with an extra chore
- Making a picture or card for someone



How can I be a good friend?



Finding out about my friends

You can use this fact file to find out all about your friends and family. If you are allowed to, call a friend or family member on the phone and find out some new facts about them:

Favourite Colour:

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Favourite Sport:

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Favourite TV Show:

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Pets:

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Favourite Game:

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Favourite Food:

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Eye colour:

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Hair colour:

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Birthday:

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Friendship challenge

This challenge is all about connecting with others in as many creative ways as possible. Some of these ideas require a phone or other device. Remember to ask permission before using these.

	Call them on the phone		Make them a card
	Write them a letter or postcard		Send them a text message
	Send them an email		Draw them a picture

How else could you connect with your friends and family?

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3-2-1 Exercise
What 3 things have I learned?
1. 2. 3.
What are 2 things that I want to find out more about?
1. 2.
What 1 question do I still need to ask?
1.