

# Friendship Challenge Week

## Teacher's Notes

Our Friendship Challenge consists of short, fun activities that celebrate friendship, kindness and inclusion. The activities have been designed to be whole class activities that you can complete together in about 15-30 minutes at any time of day. You can approach them in any way that works for you and your class. Below are a few ideas for inspiration.

### How to complete the Challenge Sheet:

**Only one Challenge Sheet should be filled in per class. Your class should complete it as a group**, perhaps with the teacher / a child being a scribe and recording ideas from everyone in the class. You could consider displaying it on the wall during the week to keep it top of everyone's mind.

### Challenge One

**Learn a song about friendship!**

Singing together is great for mental health and wellbeing and a lovely way to get your class working together as a group. You might already know a song about friendship or you could try 'You've got a friend in me' from the Toy Story soundtrack, 'Lean on Me' by Bill Withers or one of the many children's songs about friendship that can be found on YouTube.

### Challenge Two

**Learn to greet somebody in a different language.**

Why not learn some greetings in British Sign Language or perhaps a language other than English that is spoken in your class?

### Challenge Three

**Discuss what makes a good friend.**

This activity involves exploring the characteristics of a good friend through discussion. You might start the discussion with the open question 'What makes a good friend?' and you could provide the sentence starter 'A good friend is...'

The children might list things that a good friend does e.g. a good friend is somebody who plays with me, a good friend is somebody who helps me when I'm sad. Encourage the children to think of words that describe these qualities such as generous, kind, similar interests, supportive, respectful, encouraging, honest and loyal.

You could also bring up the fact that nobody is perfect and sometimes people make mistakes - how does a good friend behave when they've made a mistake and how might they behave when you've made a mistake? All friendships go through ups and downs, what can good friends do when they've had a falling out or a misunderstanding?

There is an optional extra activity below (friendship diamond nine) which you could use to supplement/prompt/extend this discussion. Children could do this either individually, in pairs, groups or as a class.

*Note: This activity is linked to the new PSHE RSE objectives on friendship which can be found on page 21 of this document:*

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/908013/Relationships\\_Education\\_Relationships\\_and\\_Sex\\_Education\\_RSE\\_and\\_Health\\_Education.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/908013/Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education.pdf)

## Challenge Four

### Play a fun game together.

Laughter benefits our minds, bodies and our relationships. Some ideas for fun games to get your class laughing together:

**Squeak piggy squeak:** The children stand in a circle. One child is chosen to be the 'farmer' and is blindfolded and turned 3 times. The rest of the children are 'piggies'. The farmer stands in the middle of the circle and has to go up to one of the other children (you might choose somebody to be their 'guide' and lead them up to somebody). The farmer says 'squeak, piggy, squeak' and the child they are standing in front of has to squeak like a piglet. The farmer has to guess who they are. (The aim is for the children to disguise their voices so the farmer doesn't guess it is them.) If the farmer gets it wrong they move on to another piggy. If they guess correctly, they swap places. For further rounds you can change the animals e.g. 'quack duckling quack' or 'roar lion roar'.

**Good afternoon your majesty:** This is similar to Squeak Piggy Squeak. One child is the 'Queen' and is seated facing away from the other children. The rest of the class then take turns to say 'Good Afternoon your Majesty' trying to disguise their voice as much as possible. The Queen has to guess who is speaking.

**What is it?:** Take a normal item from your classroom e.g. a pencil/ board rubber. Have everybody sitting in a circle. Begin by introducing the item and pretending it is something else. For example, you might say, 'this is a kitten' or 'this is a hat' and do a short mime to show this. Now pass it on to

the next person who has to pretend it is something else. They say, 'This is a .....

**Picture Consequences:** Everyone has a piece of paper, they draw a head then fold the paper over, marking where the neck ends. They pass the paper on and the next person draws the body, the next the legs and then the feet. At the end, open up the piece of paper and enjoy the funny characters you've created. Can you think of imaginative names for the new characters?

## Challenge Five

**Do something kind for another class.**

Some ideas of things that your class could do for another class:

- Tidy their cloakroom.
- Volunteer to read with them (perhaps if you have an older class, they can read with younger children).
- Organise a game for them.
- Perform a song/play for them.

## Challenge Six

**Design a class banner.**

This challenge can be quick and simple or more involved depending on how much time you have. The idea is to create a banner to celebrate friendship and show how everybody is included and valued in your class. Don't worry about making something perfect, the objective isn't about the end product but about showing your children that everybody is important and appreciated!

A few ideas:

- Write your class name on a large piece of paper then ask each child to either make a fingerprint/handprint, write their initials or draw a picture of themselves to go around the outside (or you could take a photo of each child and add these).
- Have a discussion about your values as a class. These might include respect, friendship, inclusion, kindness, learning together, having fun, working as a team, encouraging and supporting each other. You could write these words around your banner. You could also discuss what you all like about your class and include pictures of things you enjoy doing together.
- For a longer art session, you could create a patchwork of prints using polystyrene print technique (<https://www.bbc.co.uk/programmes/p0114xtq>). Get each child to create a design that represents them on a polystyrene square and then print these onto a large piece of paper or fabric to create a large class 'quilt' that includes everybody.
- You could create a class jigsaw – give each child the outline of a jigsaw piece, they fill it with images to represent themselves (their interests, hobbies etc.) then you can fit them all together to create your banner.

# Challenge Seven

## How would you use a Buddy Bench?

One of the prizes you could win is a Buddy Bench for your school. Discuss with your class how they think they could use the Buddy Bench. Share a few ideas with us.

## Next Steps...

Please send this completed Challenge Sheet to:

**52 Lives – School of Kindness, PO Box 3154 Reading, RG1 9AT**  
**Email: [schools@52-lives.org](mailto:schools@52-lives.org)**

**Deadline:** To be included in our prizes draw, we must receive your completed sheet by Friday 18th June 2021.

You can also send photos, recordings, videos to show us how you've completed the challenges. Please include the attached photo consent form.



[www.schoolofkindness.org](http://www.schoolofkindness.org)  
[www.kidskindnessclub.org](http://www.kidskindnessclub.org)

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