

Guidance Lesson Home Page

Fifth Grade

“One of a Kind & Friendship Skills!”

Mr. Rauschenberger



This week in your child’s first guidance classroom lesson of the year, we focused on our positive traits & talents and how they carry over to being a good friend.

The lesson was designed to foster feelings of self-acceptance. Children worked on generating their own “Happiness List.” The directions for this list were to jot down things that bring us happiness but that cost little or no money. Things on our list could include, lying in the grass watching the clouds, blowing bubbles, playing in the sprinkler and a play date.

Next, we talked about some goals the children may try to achieve in Fifth grade. Students were given an assignment to write a “Dear Me” letter to themselves and write about some of the following topics:

- Physical Characteristics**
- How I Will Grow Physically, Emotionally, Academically**
- Goals For the School Year**
(i.e. Running for Student Council, Hallway Helpers, PE Dances, Track & Field Races, Basketball Game)

The “Dear Me” letter is a homework assignment. Students have a week to write a rough draft, then write neatly or type (double-spaced) a letter to themselves. The finished letters are to be returned to Mr. Rauschenberger. He will read them, hold onto them, and then return them to students in June. Once returned, students will have the opportunity to read their letters, and if they desire to do so, share with their classmates any of these goals that were accomplished!

For the last part of the lesson, we discussed the importance of maintaining healthy friendships. While the quantity of friendships is not as important, but rather the quality of our friendships is what counts most! In small groups, children finished the following statement... “A friend is someone who...” Groups came up with wonderful descriptive words including someone who is loyal, can be counted on, trustworthy, and someone who you can talk to when you’re

feeling down. Webster's dictionary defines a friend as, "A person who one knows, likes and trusts; a supporter, a sympathizer." Next, we talked about friendship invitations. These invitations are much more than simply inviting someone to attend a party. Children learned that sometimes it's not what we say verbally, but rather what we communicate nonverbally that can be inviting/disinviting.

We also defined the following terms:

- Invitations-Countless messages, signals and actions people use to tell themselves and others positive things.**
- Disinvitations-Messages that tell people they are no good, dumb, or worthless.**
- Intentional Behaviors-Those behaviors that we think about ahead of time, we know when to say or do them, and we "intend" for them to happen.**
- Unintentional Behaviors-Occur when people say or do something that they do not mean or do not want to happen."**

Next we discussed the different tones of voice and how they are disrespectful and can negatively affect a friendship

TONES OF VOICE

- Sarcastic Tone**
- Agitated Tone**
- Defensive Tone**

We concluded the lesson by playing the "Spin for Friendship" game. In small groups, children had a spinner and were asked to place 6-8 game cards on the floor. Students took turns spinning the spinner (a small bowling pin!) and then shared thoughts on the conversation card the spinner was pointing to.

Here are the conversation card topics that you can discuss with your child:

- 1) Name two ways to make a friend.**
- 2) How many secrets does your friend know about you?**
- 3) If your friend hangs out with someone else, what would you do?**
- 4) Tell about a time when you became angry with a friend.**
- 5) If you argued with your friend, how would you make up?**
- 6) When was the last time you really needed a friend?**
- 7) If your friend told a lie about you, what would you do?**
- 8) If you could give a special gift to your friend, what would it be?**

This lesson provided a great opportunity to practice and discuss some important friendship skills. We will continue to work on friendship-related skills throughout the year during classroom Guidance lessons!

