

Guidance Lesson Home Page

Fourth Grade

“One of a Kind & Friendship Skills”

Mr. Rauschenberger



During this week's first guidance classroom lesson of the year, children discussed ways to promote healthy self-esteem, which in turn, will help to promote healthy friendships. We discussed that when we recognize and accept our unique qualities and characteristics it makes it easier for us to accept and recognize them in others. Students listened to and discussed the story, *Live and Let Live* by P.K. Hallinan. Some important concepts included:

- Follow Your Heart
- Laugh Often
- Time Alone Can be Good
- Enjoy Other's Successes
- Truly Like Yourself

Students then completed a four corner activity where they identified the following positive traits about themselves:

- Something I Do Well at Home
- Something I Do Well in School
- Something I Like About My Appearance
- Something I Like About My Personality

For the last part of the lesson, we discussed the importance of maintaining healthy friendships as well as the skills needed to make/keep a friend. First, we brainstormed what we look for in a friend. Some characteristics included:

- Trustworthy
- Loyal
- Funny
- Helpful
- Kind & Caring

After discussing different friendship traits, children learned some new friendship terminology including:

- ❑ **Friendship Invitations=The countless messages, signals, and actions people use to tell themselves and others positive things. Sometimes invitations are small, such as helping a parent with the dishes, or bigger such as helping a younger sibling with homework without being asked. A smile or wave can be inviting as well.**
- ❑ **Friendship Disinvitations=Messages that tell people they are no good, dumb and worthless. Telling someone they stink at a game or giving someone a dirty look can be disinviting to a friendship.**

Next we discussed the different tones of voice and how they are disrespectful and can negatively affect our friendships.

- ❑ **Sarcastic**
 - ❑ **Agitated**
 - ❑ **Defensive**
- S.A.D.**

To conclude the lesson, we played *“Fishing For Friendship.”* In small groups, children had fun using a fishing pole and picking up magnetic conversation cards.

The conversation cards included the following discussion questions. Please review these questions with your child.

- 1) Your best friend says there is no room for you at the lunch table and you have to sit elsewhere. What should you do? How do you feel?**
- 2) Your once best friend, who was very mean to you, wants to be your friend again. However, he/she does not like your new friends. Should you give up your new friends and be with your old friend?**
- 3) Your friend doesn't listen to you when you tell him/her what you have been doing. He/she interrupts every time you start to talk. What do you do/say?**
- 4) Name 3 characteristics of a good friend.**
- 5) Another girl/boy tells your best friend not to talk to you. What do you do/say to your best friend? What do you do/say to the girl/boy?**
- 6) You are jealous because your best friend is also friendly with other girls/boys and invited to their houses. What do you need to do?**

This game provided for some very helpful discussions on the skill of friendship. Future Guidance lessons will touch upon friendship as well.

