

Guidance Lesson Home Page

Second Grade

“One of a Kind & Friendship Skills!”

Mr. Rauschenberger



This week in your child’s first guidance classroom lesson of the school year, we discussed the importance of maintaining a healthy self-esteem and outlook about ourselves, which in turn, will allow us to maintain and foster healthy friendships! This lesson ties in very nicely to our *Bucket Filler* theme this year. Children will learn what behaviors and actions “fill somebody’s bucket” such as kind words and what behaviors and actions are “bucket dipping” such as teasing, bullying and name-calling.

We began the lesson talking about what makes each of us unique. Next, we discussed that we are made up of many different “layers.” Children in class participated in this short exercise acting as “models” to demonstrate the different layers.

Four layers were discussed. These layers are:

- OUTER LAYER=PHYSICAL TRAITS

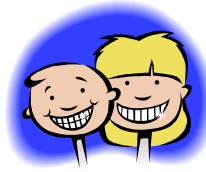


- SOCIAL LAYER=FAMILY AND FRIEND



- DOING LAYER=INTERESTS, HOBBIES, TALENTS





- ❑ **EMOTIONAL LAYER=THOUGHTS & FEELINGS**

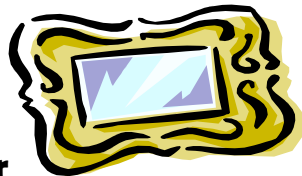
For the next part of the lesson, we discussed how we feel about ourselves directly affects our friendships. Children were read the story *The 329th Friend* by Marjorie Sharmat. Throughout the story we discussed the important message Emory Raccoon was teaching us about friendship.

Key friendship ingredients in the story that were discussed included:

- ❑ **Self-Esteem**
- ❑ **Flexibility**
- ❑ **Loyalty**
- ❑ **Fairness**
- ❑ **Understanding**
- ❑ **Judgment**

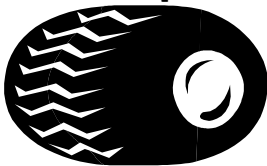
To continue with this theme, children had fun creating their own “Friendship Toolbag!” Common classroom/home items were introduced to teach about friendship which can act as important reminders!

- ❑ **SELF-ESTEEM-Children were given a piece of aluminum foil to represent a “mirror” that we should like what we see when we**



look in a mirror


- ❑ **FLEXIBILITY-A rubber band was handed out to teach the importance of being flexible in a friendship. We need to learn to compromise and “give a little” in order to “get a little.”**



- **LOYALTY**-Picture of a bottle of glue-Good friends “stick”

together through the good and bad times 

- **FAIRNESS**-Kids drew a picture of a pair of dice-Playing by the rules of a game/Accepting losing in a game/Being a

good sport 

- **UNDERSTANDING**-Band-Aid-Good friends can disagree and argue, but there should be rules established about arguing (i.e. no put-downs, allow the other person to speak, talk

about how you are responsible). 

- **JUDGMENT**-Tape measure or ruler-Children made their own ruler to remind us that we need to use good judgment and

choose our friends carefully and accurately. 

To conclude the lesson, children began playing “The Feelings Game.” This game was a nice review of the topic of friendship/self-esteem that was discussed during this week’s lesson. Children were encouraged to play this game with someone at home! Children were also encouraged to share their “Friendship Toolbag” with a family member!