

Lesson 3



Love

(A double session may be necessary)

Loyalty and Friendship



Related Value	Friendship
Aim	To learn important aspects of friendship which help us form and keep relationships.

Talk about

Our duties as a friend – What is a friend? What does friendship demand? Is it loyalty, truthfulness, honesty, integrity, a certain amount of self-sacrifice, obligations? What do friends like best about us? Do we ourselves make good friends for others? Do we help our friends with homework even when it means giving up something else? Do we mind if our friends have annoying habits or do we accept them as they are? Do we care if our friends are more clever/not as clever as us? Would we expect a friend to lead us into trouble? Discuss the lesson’s quotation. What is the difference between being loyal and not allowing a friend to get into trouble? For example your friend has told you in a letter that she is running away and asks you not to tell anyone? But you do not want her to get hurt! Or you are new in school or class, what kind of person would you look for as your friend? Would they be patient, kind, accepting, helpful, trusting? Have you ever felt lonely or left out of things? Name some sharing games which do not leave people out.

Do we treat our parents/carers and family with the same consideration as we show our friends?

Who is our best friend? Ourselves! How can we be our best friend? Is it by ensuring that the things we say, do, the places we visit and the people we associate with are good for us, make us feel good inside and make us feel happy? Can we avoid leading ourselves into situations which make us unhappy?

Do we do our best at school, home and play? Are we true to ourselves and sincere? Do our

actions, thoughts and deeds all match each other? Do we like ourselves, for example, do we do and say things which make us feel good about ourselves?

Quotation

“Wise friends help us, foolish friends hurt us.”

Silent Sitting

Use the silent sitting approach ***Stages 1, 2, 4 and 5.

Stage 3 (Read slowly)

You are walking with friends ... it’s a very pleasant day, the sun is shining, the birds are singing ...

Tune in 3-4 minutes soft music – see Resources page in the Manual.

Story

‘Alan’s Secret’

Moral: Associating with good people brings out the best in us.

Post Discussion

1. Who came top in all the tests?
2. What prevented Steve from attending school?
3. How do you think he felt about having to stay at home?
4. What eventually happened to his mother?
5. What kind of friend was Alan?

6. If you were Alan what could you have done to cheer him up? Was it a good idea to do it his way, or could he have chosen an alternative to not answering questions in an exam?
7. What qualities do you like your friend to have?
8. If you think that someone is not a good friend what should you do? (*LEAVE THEM ALONE.*)

Song

'My Special Friend' *or* 'Dear Friends'
or 'Friendship'

Activity Choices

- **Game called 'Getting to Know You'.**
- Children interview each other and find out something new about each other. Questions could include –
 1. What is your favourite colour?
 2. What is the name of a pet in your family?
 3. When is your birthday?
 4. Can you remember an exciting day you had?

→ (*Sensitive area – children are told not to ask personal questions relating to family business, health, wealth, etc.*)

'Getting to Know You' answers are shared by the group.

- **Game called 'Friendly Tube'**
Children write a specific friendly action or non-friendly action on a piece of paper which is placed into the large tube (or similar). Pairs of children, in turn, draw out of the container and decide whether the act is described as friendly or unfriendly, or friendly for the wrong reasons, or a friend who would not be good for them.
- **Children to make a large friendship flower.**
Cut out the petals – then write on the petals the good qualities of friendship.

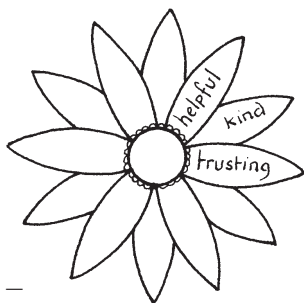
Display on the wall.

Key words: Kind, helpful, accepting, trusting, patient, considerate, co-operative, loyal.

OR

Make a 'friendship bag' –
(*see activity sheet.*)

- **Children draw themselves** – write underneath their self portrait statements about themselves as a friend (*mirrors needed*).



- **Game called 'Spin the Bottle' (Plastic)**
Children sit in a circle. The plastic bottle is spun slowly. The bottle stops and the neck points to a person who replies: A friend is
(*or the person may 'pass'.*)

Other activities:

- Role play: Problems with a friend.
- Make a friendship badge to hang up at home.
- Dance the 'Greetings Dance'.
- Discuss 'What is a friend' (activity sheet).
- Discuss 'What should you do – - -' (activity sheet).
- Colour in 'Left Out' (activity sheet).
- Complete 'Bridging Kindness' (activity sheet).
- Complete 'Friendship' (activity sheet).

Follow-up and Application in Life

1. Write a letter to Aunt Mary telling her about a friendship problem, asking her for help.
2. Make friendship stories starting with any of the following:
 - (a) I am a friend to myself because
 - (b) A friend is someone who
 - (c) I would like to be a friend who
3. Choose a friendship word and practise it daily.
Read the above friendship stories to your families and bring the stories with you to your next meeting.

Poem

*To have a friend, or be a friend,
To share a thought or two,
To make me bright on a cloudy day,
My friend – yes it's you.*

*I've lots of friends of every kind,
Small, tall, light or dark,
They're always there when I despair,
It's good to know they care.*

Prayer or Thought for the Day

A FRIEND

*I look and there you are,
To pick me up when I am down,
And help me when I wear a frown.*

*I look and there you are,
To laugh with me when all is good,
You've always done all you could.*

*It's so good to know you're there
And that you care.*

*Both poem & prayer
by the Taylor Family
(Used with permission)*

Name _____

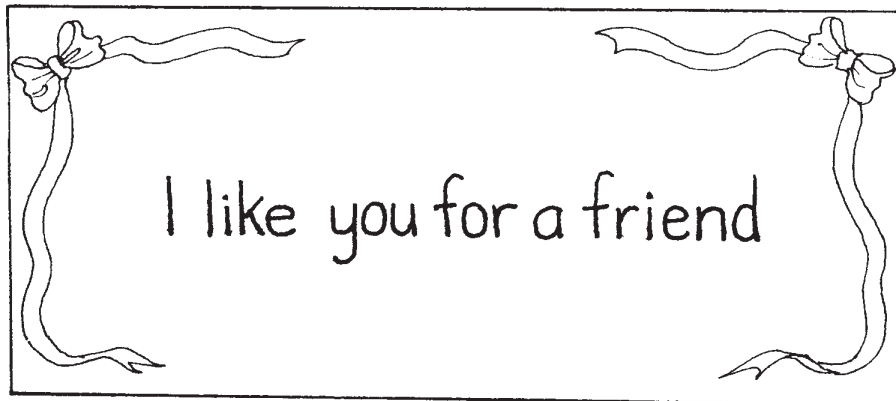
Make a Friendship Bag

Make a friendship bag for someone you would like to get to know but haven't met. Put in special things.

Cut out the designs on this page.

Paste one or two of them onto a lunch sized paper bag.

Friends are as strong as two trees standing together.



Write your name on the card. Put it into your friendship bag.

Greetings Dance

Form a circle, facing inwards.

Take two steps in.
Bounce twice using knees.

Take two steps out.
Bounce twice.

Take two steps to the right.
Bounce twice.

- Repeat. -

When taking two steps in towards the middle, make eye contact with the opposite person and greet them with a smile.

Paces are lively and quick.

The Knights Templar used to participate in this dance after being absent during battles.

Hence the term 'Greetings Dance'.

See the Resources page in the Manual.



Name _____

What is a Friend?

I think a friend is someone who ...

A
Sticks up for you in difficult situations

B
Won't try to make you change your mind

C
Always does what you want to do

D
Likes and dislikes the same things as you do



E
Will point out your mistakes if you behave badly

G
You can rely on

F
Agrees with everything you say

H
Likes to treat life as one big joke

I
Is about your age and lives close by

J
You can confide in

Talk about...

In groups talk about the comments above. Carry out a survey to find out what the majority of the group think.

What Should You Do?



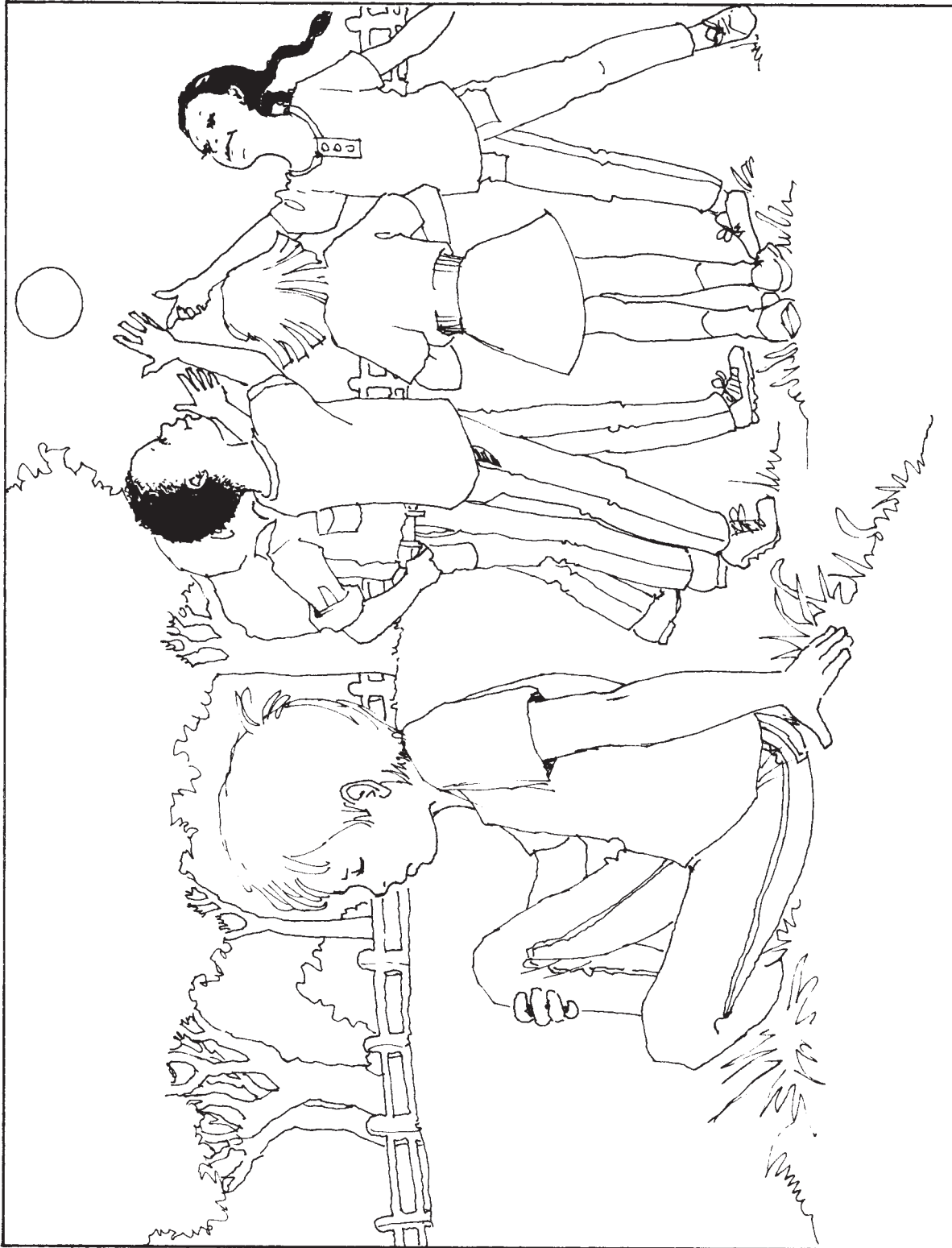
In groups...

Look at Superfriend's suggestions. Discuss each of the situations A - G in turn and decide what is the best way of handling them. Report back to the rest of the group.

What should you do if your friends start

- A. Teasing you about your appearance?
- B. Telling tales about you behind your back?
- C. Going around with a different group and leaving you out?
- D. Telling other people things you told them in confidence?
- E. Being unreliable and not sticking to arrangements?
- F. Avoiding you and making excuses for why they can't meet you?
- G. Complaining and criticising everything you do?

Name _____



Left Out A picture for you to colour

Name _____

Bridging Kindness

Instead of building a wall between yourself and a friend, build a bridge of kindness to unite you. Write words on the bridge that unite friends in kindness.

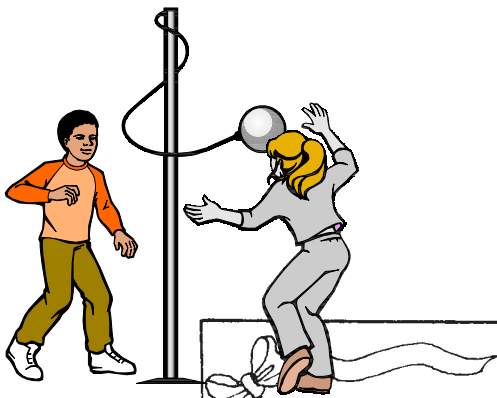


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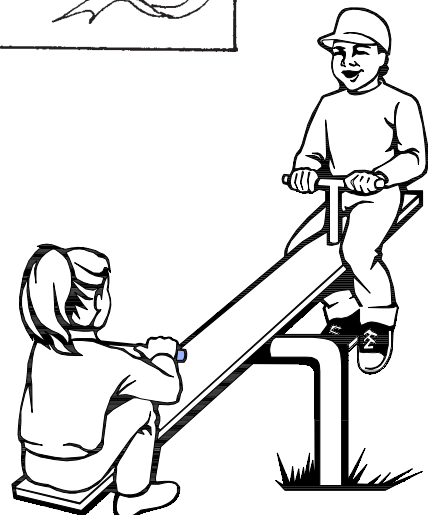
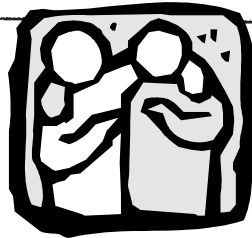
Friendship

A friend is...

.....
.....



I like you for a friend
because



Alan's Secret

Alan and Richard were great friends and attended a primary school in Chicago. They were in the same class. They loved each other like brothers and both always came top of the class in examinations.

One day Richard's mother, who was a widow, fell seriously ill. Richard looked after her day and night but she grew weaker. After two months of suffering she died. Richard was to be cared for by his aunt.

Having missed school for two months Richard had to study very hard but the memory of his dear mother disturbed him a great deal. Everyone thought this would affect his exam results.

After the examinations were over the teacher was surprised to find that Alan had not answered some of the questions although they were quite simple ones.

Alan's teacher sent for him and asked for an explanation. Very sadly Alan replied that he couldn't bear the thought of Richard taking another blow – that of himself doing well in the examinations while Richard scored low marks, especially as they always worked so hard together up until the last two months. Richard had coped with the illness of his mother on top of all the course work.

He then continued anxiously,

“But Sir, please say nothing of this conversation because if Richard finds out about it, he will become more miserable. He is my best friend and I want him to be happy.”

For a moment the teacher was speechless. With a look of admiration he patted him affectionately and said,

“My dear boy, today I am very proud of you.”



My Special Friend

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by Jan Nigro

Verse C C

1. You have got a stand - ing in - vi - ta - tion to my world,
 2. You can tell me a - ny - thing, — and by now you know

F C

come on in and make your - self at home. —
 that your se - cret's al - ways safe with me. —

G F

No need to be some - one else — you've just got to be your - self. —
 Call me when you've got good news — call me when you've got the blues. —

C F C F G G

We're — a pair, and through all — we share we have grown. —
 I — can hear with an o - pen ear so feel free. —

C *chorus* F G Am G F

You are my spe - cial friend, and when I think a - bout what

G Dm Em F Dm Em F

know - ing you has meant. I thank my lu - cky star — that you are who you are, —

Dm Em F G C 1. G 2. C G *Bridge*

you are my spe - cial friend. And when the times are fun - ny

... My Special Friend (continued)

F C G F C
we can laugh to-gether.— And when the times are rough— we can share that too.—

G F G D7
Whe-ther the mood is hea-vy or light as a fea-ther, to - geth-er, we keep

G7
mov-ing right on through.

Song form: Verse 1, Verse 2, Chorus, Verse 3, Chorus, Bridge, Verse 4, Chorus.

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by Jan Nigro

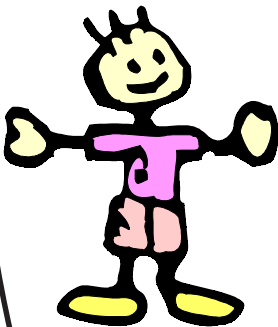
You have got a standing invitation to my world,
Come on in and make yourself at home!
No need to be someone else,
You've just got to be yourself,
We're a pair and through all we share,
We have grown.



You can tell me anything and by now you know,
That your secret's always safe with me.
Call me when you've got good news,
Call me when you've got the blues,
I can hear with an open ear, so feel free.

CHORUS:

*You are my special friend.
And when I think about what knowing you has meant,
I thank my lucky star, that you are who you are,
You are my special friend!*



I would never mean to hurt you but sometimes we fight,
And we put our friendship to the test.
Steel is strong but we are stronger,
Years are long but we are longer,
Without hesitatin' we find a way to straighten the mess.

CHORUS

And when the times are funny, we can laugh together.
And when the times are rough, we can share that too.
Whether the mood is heavy or light as a feather,
Together we keep moving right on through.

One and one may equal two but we add up to more,
You and I together are a world,
A world of trust and understanding,
A world that keeps expanding,
And I hope that this world will grow without end!

CHORUS

Dear Friends

Dm C Dm A * Dm C Dm A

Dear friends, dear friends, let me tell you how I feel.

Dm C Dm A Dm C Dm

You have gi-ven me your ri-ches. I love you so.

This song may be sung as a round. Second group of singers enter at asterisk (*). The author of the words is unknown; the tune is an old folk song, 'Rose, Rose'.

Friendship

Words by Linda Hammond & Jill Philips
Music by Jill Philips

C F C

1. Friend-ship, friend-ship, we can sur-vive with friend-ship. To-

G C

ge - ther we'll get through the hard times, good times too. With

G C

you by my side we've got friend-ship.

2. Friendship, friendship,
Where would we be without friendship?
It helps you through your days
In oh so many ways:
With you by my side we've got friendship.

3. Friendship, friendship
We all need some friendship.
I strongly recommend
You go and make a friend.
With you by my side we've got friendship.