

Session 1

A is for Attitude

Aims

- To introduce pupils to the programme and its aim which is to teach pupils the skills which will enable them to get along more easily with others and make friends.
- To introduce pupils to the importance of having a positive attitude to themselves and to others.

Whole Class Introduction

Explain to the class that this is the first session of 'How to make friends'. There are twenty six sessions altogether in the programme. This programme will teach pupils the skills which will help them get along with others and make friends.

It is important to emphasise to the pupils that the skills that we need to get along with others can be learnt. They don't depend on being 'lucky', 'clever' or 'beautiful'. During these sessions pupils will learn how to listen and support others, how to 'read' body talk (body language and facial expressions) and how to behave positively towards others. People who do not manage to learn how to get along with others are often lonely in school and then later when they leave school may find it difficult to get along with their colleagues and keep a job.

Ask pupils to listen to a story which was first told by an American professor called Steve.

I was waiting outside the school gates one day with a teacher watching the parents drop off their children for school. Blustery March winds made it feel even colder than the temperature on the thermometer. The children bundled up against the weather, got out of their cars one after another, said their good-byes and rushed off towards the school. As I continued to watch a blue Honda Accord pulled up and stopped. A mother stepped out the driver-side door and walked round the car and opened the passenger side door for her six year old daughter. The little girl got out, and the two of them stood there looking at each other for a moment. The mother said 'Go make friends now Amy'. She patted her daughter on the head, walked back around the car, opened the car door and drove off.Amy looked almost lost in her big coat. Her mother had given her instructions to make friends and Amy was thinking 'Excuse me; how exactly am I going to do that?' (Nowicki, S., 2000, p.144)

Ask the class if they were going to help Amy to make friends what would they tell her?

Encourage the pupils to brainstorm suggestions and scribe their responses on a flip chart. The answer we are looking for in this activity is 'to have a positive attitude' to oneself and others which can be summed up in the phrase.

I'm OK – You're OK

It may be necessary to give pupils a few clues and steer their responses in the right direction so for example if pupils give responses such as 'to like everybody' it is important to pursue this line until pupils arrive at the idea of a positive attitude to self and others. At the end of the brainstorm write on the board:

I'm OK and you're OK

Emphasise to the pupils that it is important to have a positive attitude towards others however before you can have this you need to feel good about yourself. How can you expect someone to like you if you don't like yourself? 'I'm OK' often called self-esteem is a very important part of getting along with others. Someone who has a bad attitude to themselves and others is usually not pleasant to be with and people will probably not want to spend time with that person. It is especially important when meeting people for the first time to think : 'I'm OK and you're OK'. Ask pupils to spend a few minutes discussing these ideas with the person next to them.

Explain to the pupils that thinking 'I'm OK and you're OK' is a very good and healthy way of thinking about all the people we meet and it is what we would like people to think about us when we meet them. Explain to the class that we do our very best thinking when we feel OK about ourselves and the people around us and that positive attitude to ourselves and to others can help us get along together and have fun.

Pair and Share

- Pupils individually complete Activity 1 which involves drawing a picture of themselves looking OK. They can label it if appropriate.
- Pupils then discuss with their partner what it is in their picture that indicates that they are 'OK'.
- Pupils individually complete a 'Pair and Share' evaluation sheet.

Final Plenary

- Ask pupils for any questions or comments on the activity that they have just completed.

- Check that pupils understand the importance of having a positive attitude both to themselves and to others.
- Remind the pupils of the aims of the session and ask them to put their hand up if they consider that out of a score of ten they would give the session five or above for having achieved its aims.

Take Away Activities

- Ask pupils to think about the attitude 'I'm OK, you're OK' others as they watch TV/films/DVDs during the week. Ask the pupils to look carefully for the clues that tell them that people are feeling OK themselves and that they think other people are OK too and use their Friendship Log to record their thoughts.
- Ask pupils to keep a record in their Friendship Log of people that they are in contact with during the week and ask them to think about times that they feel OK and the other people feel OK too.
- Suggest pupils design a poster called 'I'm OK, You're OK'.

A is for Attitude

Activity 1

Draw a picture of yourself looking OK

My name is: _____

B is for Bounce Back

Poster 2

