

KS2 WEEK 6

'Don't walk behind me; I may not lead. Don't walk in front of me; I may not follow. Just walk beside me and be my friend.'

Albert Camus



FLOURISH!



POSITIVE RELATIONSHIPS

Why are positive relationships so important?

Perhaps this seems like an obvious question? We know that positive relationships:

- Create a sense of belonging and feeling valued
- Help to develop our self confidence
- Give us a sense of security and comfort
- Give us an opportunity to communicate openly and without judgement
- Help us engage in a wide range of activities; some we might not do on our own

When you surround yourself with good friends:

- You are less stressed
- You heal more quickly
- You feel part of something bigger
- It gives you a sense of purpose
- You live a happier, longer life



LISTEN TO

[Kid President - A Guide to Making a New Friend](#)

Sometimes meeting new people can be scary. What if they're too different and we don't get along?

What if things get really, really awkward? Well, Kid President says, embrace the AWKWARD!

WATCH

[Friendship Soup Recipe](#)

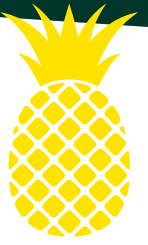
Please ask your parents/ carers for permission to watch the videos



GOOD MOOD FOOD

It's summertime - have some pineapple. It's good for boosting your serotonin levels.

Do you know who Popeye is? He loves his spinach, and so should you!



PAUSE AND FIND PEACE

[How to be a friend - Guided Meditation](#)



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MUSIC TO BOOST YOUR MOOD

Listen to:

[Bruno Mars - 'Count on Me'](#)



CREATE IT

Make your own friendship soup recipe. What are the key ingredients of being a good friend?



LEARN IT

- Are you a friend or a frenemy?
- A good friend:
 - listens
 - is trustworthy
 - can handle conflict respectfully and respect boundaries
 - a good friendship goes both ways
 - having a group of friends
 - is a friend not a follower

A frenemy:

- Says 'brutally honest' things to you which are unkind or hurtful
- Puts pressure on you to do things you don't want to do
- Says things like: 'If you were my friend you would...'
- Puts you down
- Laughs at you; encourages others to laugh at you
- Talks about you behind your back
- Excludes you
- Shares things about you online
- Makes you feel bad about yourself



THINK

- The same rules of friendship apply online
- You are a digital citizen too - know your online community
- You know what's right and wrong in face-to-face interactions; it is also right and wrong on the internet
- Be smart with a heart

TAKE SOME TIME TO REFLECT ON YOUR WEEK

- How have you been a good friend this week?
- Have you said something digitally that you would not say face-to-face?
- Could you have said it in a kinder, more thoughtful way? Or have not said it at all?
- What would make you an even better friend?