You Are Your Own Best Friend

1 **2** **3**

Session Objectives:
To identify skills and qualities that make a best friend.
To explore how you can become your own best friend.

Session Outcomes
✓ To create a best friend bookmark. KS1
✓ To create a Best Friend quote book. KS2 KS3

Lesson Plan:

Task
KS1 To identify qualities skills or characteristics of a best friend.
   To create a best friend bookmark.

KS2/3 To identify qualities skills or characteristics of a best friend.
   To create a Best friend Quote Book
   To identify 3 ways that they could become a better best friend to themselves.

KS1/2
1. Chose a book or story and ask the children to think of the main character. Ask them to identify ways in which the character is or could be their own best friend. Examples might be:
   KS1 – Jack and the Beanstalk
   KS2 – The Most Magnificent Thing by Ashley Spires
1. Share the ideas that they come up with and create a list of examples.
2. Support the children create positive phrases that the character might say to themselves.
   'I can do this.'
   'I can problem solve'
   'I am good at puzzles'
   'When I get home this will be such a good story'
   'Keep going'

3. Add them to the story as thought bubbles
4. Create Book marks with the children drawing themselves or using photos of themselves. Fill in the Speech bubbles they like the most and which they think will be the most helpful when they get stuck.

KS3

1. Ask the young people to think of a story or film where the main character is being supported by their friends – eg Harry Potter
2. Ask them to identify their top 10 friendships skills with a partner.
3. Discuss if they use any of these when thinking about themselves. Example: When they get things wrong, do they use encouraging self-talk? When they are tired and fed up do they use motivational, self-talk to themselves or do they set small steps and then celebrate their successes?
4. Ask the young people to design a character that represents themselves or use a photo or a drawing of their face and create a Best Friend Quote Book. On each page they need to put their character or photo/drawing and a challenge they are facing. Next to the drawing, they need to create a speech bubble to show encouraging words they could use as their own best friend to support themselves when the going gets tough.
5. Identify the friendship skill they think they could develop that would be the most supportive to themselves when they encounter challenges, over the next term. Discuss the ways they could do this with their partner.
6. Have a silent exhibition to show off the work. Lay out the work on the tables and allow the young people to go and look at the different examples of the work.

Resources:
1. Post it notes
2. Book mark template
3. Photos of the children
4. Plain paper and pens
5. Book – Jack and the Beanstalk, The Most Magnificent thing by Ashley Spires
6. Speech bubbles
7. Book mark master
8. How to make a book

Important Points:
We are our own best friend.
Identifying the skills that we have and the ones that we would like to foster.

Learning links:
Speaking and listening, collaboration, information processing, questioning, observation, creativity, planning and organisation, teamwork.
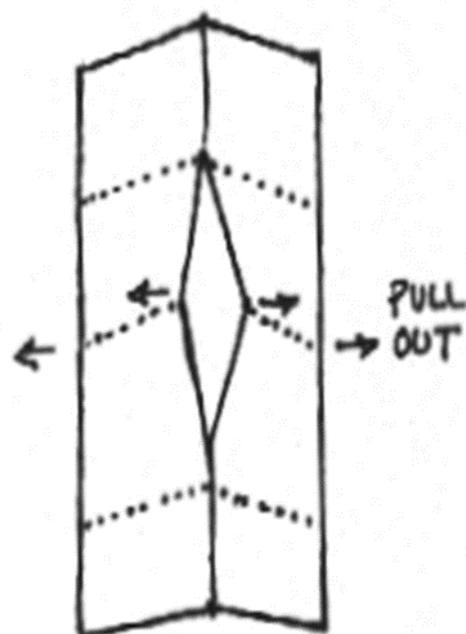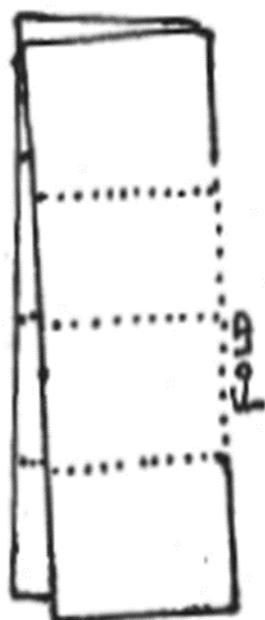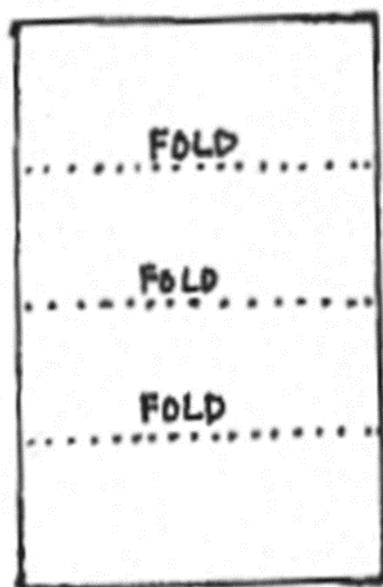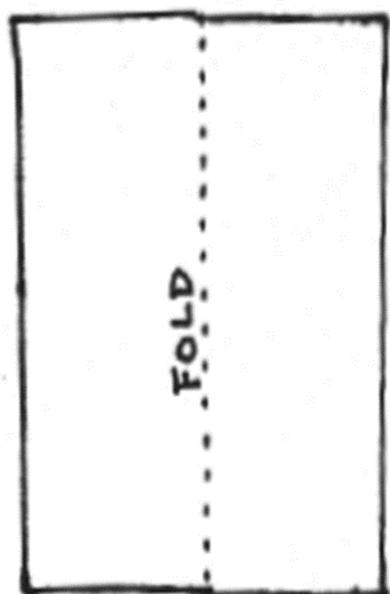
Reflection:

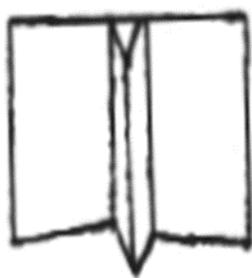**Questions:**

Positive comment from child:

Positive comment from adult:

Strategic Awareness	🟧	Emotional Literacy	🟩
Learning Relationships		Neuroscience	
Curiosity	🟧	Self Regulation	
Creativity	🟧	Self Development	🟩
Meaning Making	🟧		
Changing & Learning	🟧		
Resilience	🟩		

Situation

Situation

FOLD

FOLD

FOLD

FOLD

FOLD

CUT

FOLD

PULL
OUT

CREASE

FOLD

FOLD