



LESSON

3

Friendship Unit Grade 4 • Ages 9-11

TIME FRAME

Preparation: 10 minutes
Instruction: 30-45 minutes

MATERIALS

Teacher's personal recipe for friendship as a model for students, created before class. See explanation under description below for how to create a friendship recipe.

"Qualities of a Friend" poster sheet, from the What Makes a Good Friend? activity

Poster Board, chart paper, recipe cards or other materials to decorate friendship display with recipes

RAK Journals

[Kindness Concept Posters](#): Caring, Respect

LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.SL.4.1; CCSS.ELA-Literacy.W.4.2;

Colorado: Comprehensive Health S.3, GLE.1, EO.a,b,e; Reading, Writing and Communicating S.1, GLE.1, EO.a; S.3, GLE.2, EO.a

[Learning standards key](#)

Friendship Recipes

Students will articulate what makes a good friend.

Key Terms for Students

Consider writing key terms on the board before class to introduce vocabulary and increase understanding.

FRIEND Someone you enjoy spending time with and respect.

CARING Feeling and showing concern for others.

RESPECT Treating people, places and things with kindness.

HELPFULNESS Assisting or serving in a kind way.

TIPS FOR DIVERSE LEARNERS

Students might benefit from:

- Seeing teacher "act out" the process of following or creating a friendship recipe using cooking bowls, measuring cups, cookbooks, etc. to increase understanding of a recipe.

Resources

This lesson builds on previous lessons in this unit.

Math Extension Option: Connect to Fractions.

Literacy or Art Extension Option: Have students make a "Good Copy" of their recipe.

RAK lessons teach kindness skills through a step-by-step framework of **Inspire, Empower, Act** and **Share**.

However, each lesson starts with the **Share** step to reinforce learning from previous lessons.



The RAK paradigm is the framework for teaching and building kindness skills.



Share (3 mins)

After completing the Home Extension Activity from the Friendship Chains lesson, share with a partner what you think it means to be a **friend** in your family or home.

Inspire

Friendship Qualities Review (5 mins)

*During our last activity, we discussed the qualities that make a good **friend**. Let's review some of those qualities.*

Read or have a volunteer read some of the qualities that students mentioned during the **Friendship** Chain activity, referencing the Qualities of a **Friend** poster if necessary.

Empower

Friendship Recipe

(15 - 30 mins minimum, times may vary depending on depth of the lesson)

Today we are going to make **friendship** recipes. A recipe usually includes ingredients and directions for how to make the recipe. A **friendship** recipe does the same thing... it tells what goes into a **friendship** and how to make it. Share the example recipe or create your own personal **friendship** recipe before class.

Example Recipe

RECIPE FOR THE PERFECT FRIEND

Ingredients:

- 3 cups of trustworthiness
- 1 tablespoon of humor
- 1/2 cup of caring
- 1/2 cup respect

Directions: Mix together trustworthiness and humor. Slowly add in loyalty.

Consider having students read real recipes as a way to get them thinking about **friendship** recipes and then create their recipe.

Once they have created their **friendship** recipes, one option would be to have the students copy their recipe on a poster board and decorate them for a **friendship** display.

Discuss how the ingredient you used the most is the quality that you value most in a **friendship**.

Wrap Up (5 mins)

To gauge understanding of the material, choose from either the evaluation or reflection questions as discussion, writing or journal prompts. Consider providing additional time for deeper evaluation and reflection as needed.

Evaluation Questions

- Were you able to include all the ingredients you wanted?
- Were there some qualities that others included that you did not?
- What are the parts to a recipe?

Reflection Questions

- Was this a recipe for how to be a good **friend** or what you look for in a **friend**? Is there a difference?
- Were there any qualities you didn't feel you needed to include? Why?



Act (2 mins)

Kindness Minute

Kindness is something you can share with anyone. Show a person across the room from you a bit of kindness by giving them a big smile and a wave!

Kindness in Action

Ask a friend not in our class, sibling, adult at home or at school what the three most important qualities of a friend are and write them in your RAK journal.

