

Caring Friends

KINDNESS BEYOND THE CLASSROOM™
SMALL GROUP • OPTION 3 • CARING

Lesson Timeframe

15-20 mins

Materials

- ☐ Caring poster (optional)



Share

Discuss that being a good friend includes caring for others! Your friends need you and you need them. When we can count on each other, our friendship is made stronger! Define caring: CARING IS FEELING AND SHOWING CONCERN FOR OTHERS. (Show the Caring poster if desired.)

Brainstorm ways you care for your friends when they are hurt.

- What can you do when you see a friend get hurt?
- How can you help a friend when their feelings are hurt?

Aim for 2-3 volunteers of different ages.



Inspire

Discuss the importance of being a good friend. The way we treat our friends says a lot about us. When we choose kind words and actions, we show them that we care. They feel better when we are around and they want to spend even more time with us.

Guide a conversation around qualities of a good friend. Make sure to include the following:

- **Kind words:** Choose your words so that your friend feels happy when they are with you. No one wants to be ordered around or put down. Your words count!
- **Kind actions:** Practice sharing and taking turns with your friend. Offer to play what they want sometimes and share whenever possible.
- **Forgiveness:** Everyone gets upset sometimes. When you and a friend have a disagreement, make sure you apologize when needed, and accept a genuine apology when offered!

Explain that today we will share important qualities in a friend we have (or have had in the past).



Empower

Divide your large group into smaller groups based on grade/age (K-2nd and 3rd-5th). Each group will need an older teen to guide the conversation. Each group will brainstorm ways to care for a friend in need.

For the Lower Grades/Younger groups:

- Your friend comes to school with a broken leg. It is recess time and you really want to play ball today, but you see your friend sitting alone on the bench. How can you be a good friend?

For the Upper Grades/Older groups:

- Someone just told you an untrue rumor about your close friend. What do you say to them? How can you be a good friend?



Reflect

Guide a discussion about FRIENDSHIP.

- What qualities do you look for in a friend?
- How can you be a good friend to others?
- What can you say to a friend if they hurt your feelings? How can you use kind words to express yourself?

