

Children's Mental Health Week: 1 - 7th February 2021

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WEDNESDAY 3rd FEBRUARY- FRIENDSHIP

In St Mark's, we picked 'Friendship' as one of our values because it is a life skill that everyone has to learn and will greatly benefit from. For young children it can be tricky, balancing compromise, trust, being kind and supportive whilst having fun and building fantastic memories at the same time. Experience has shown us that pupils, who have a wide social circle, become naturally more confident learners and are easier to adapt to new situations.

St Mark's was the first primary school in the country to be presented with the 'E-Safety 360 Award,' in recognition of our commitment and sharing of good practise amongst all of our pupils in order to educate and keep them as safe as possible with their online friendships.

ACTIVITY:

Children can print or copy the template at the end of this page to use their art skills to create a picture of a good friend. These pictures can be drawn, painted, sketched or decorated with collage materials. Be as creative as possible - use the back of some spare wallpaper to make a life-size friend or use a cardboard box to make a 3D online screen friend. Once children have created their friend, they can then think about what qualities they would like their friend to have, for instance; someone that will play fairly, be kind, share, be supportive and be fun. Please see the table at the end of this page to help with conversation starters. The positive statements could be cut out or copied onto their friendship pictures to help remind them of what makes a good friend.

To extend this activity further, children can explain their best qualities to parents and carers and think about areas they would like to improve with their own skills and friendships. The activity can be simplified for younger children by talking through the qualities in a simplistic manner.

Send your creative artwork into the Let Your Light Shine email address to be shared on the school website; LYLS@stmarks.bwmat.org

WHY WILL THIS ACTIVITY HELP SUPPORT CHILDREN'S MENTAL HEALTH?

Secure relationships with peers is a fundamental resilient tool for positive mental health. Having good friends gives a sense of belonging and being included. We all have different relationships with different people. This includes people we live with, people we go to school with and people we know outside of school.

We all like to have friends to play with and share things with, some children like to have a large social circle and others like a smaller closer network. To have good friends we have to be a good friend. It is important for children to understand how their actions can help form and maintain childhood friendships through qualities such as being kind, sharing, supportive and playing fairly.

WANTED!!

Someone to be

A GOOD FRIEND

FRIENDSHIP QUALITIES

Can you pick out the positive friendship qualities from this list below?

What are your best qualities?

How could you improve your friendship qualities?



Someone who keeps promises	Someone who calls you names
Someone who is caring	Someone who hurts your feelings
Someone who always makes you play their games	Someone who has good manners
Someone who says unkind things	Someone who always has to go first at everything
Someone who says kind things	Someone who physically hurts you
Someone you can trust	Someone who shows kindness
Someone who doesn't listen to your opinions	Someone who likes to share
Someone who breaks promises	Someone who leaves you out of games or chats
Someone who gets you into trouble	Someone who takes turns
Someone who is honest	Someone who plays fairly
Someone who listens to you	Someone who won't let you play with them
Someone who doesn't tell the truth when something goes wrong	Someone who invites you to play with them