



PURPOSE

To help students make excellent choices in friendship and at school.

LEARNING OBJECTIVES

By the end of the lesson students will be able to:

1. Indicate excellent choices with regards to their encounters in friendship or at school.
2. Demonstrate justice toward others.

MATERIALS & RESOURCES

- **My Friend Profile** worksheet (see Materials)
- **The Best Friend Walk** worksheet (see Materials)
- **Qualities of a Friend** cards (see Materials)
- die
- penny
- Supplemental materials:
 - **Band of boys rally around boy, 6, to stop teasing, WCVB Channel 5 Boston** video
(https://www.youtube.com/watch?v=Gq7ZgXz_YLc)
 - **Kindness suits them, Daily Mail Online** article
(<http://dailym.ai/2vJ2YgJ>)

VOCABULARY

No new vocabulary.

PROCEDURE

Step 1: Review the previous lessons. Ask students to list three ways in which they have demonstrated self-gift in the past week, and ask for volunteers to share the recipient of their flowers.

Step 2: Teach authentic friendship.

Ask kids to put on their “thinking caps”, and brainstorm qualities of a good friend. Write the qualities answers on the board.

Ask:

- How do we become friends with someone?
- How do we know when someone is truly our friend?

Explain: While we may share interests with other people, while we may enjoy the same thing as others, true friendship begins when two people realize they both want excellence—for themselves, for each other—and begin to go after it together. This means helping our friends make the right choices. This means helping our friends show respect. This means helping our friends when they have to struggle with a challenge.

Give students some examples: writing homework before going out and playing with a friend, helping a friend who doesn't understand an assignment, etc.

Write on the board:

- **friendship:** a connection between two people who choose excellence together

Then hand students a copy of the *My Friend Profile* worksheet, and ask them to identify a way they already help or can practice a good habit with a friend. Break the class into groups of 4-5 students, and have them share the habits identified.

Step 3: Practice identifying the best choices and qualities in friendship and at school. Play *The Best Friend Walk* game with the class. Use the worksheet as a board.

Have students roll the die, and move along the penny along the board. Every time the penny lands on a choice or a quality marker, students need to draw from one of the two stacks of *Qualities of a Friend* cards, and identify whether or not the listed choice or quality is an excellent one in friendship and at school.

Step 4: Summarize: Today we have taken the additional and last step along this path of growing in human excellence, by looking at the importance of developing good friendships and the importance of showing justice to all of the people that we encounter. With all of these actions, we show respect for both our and others' human dignity, that value we all share!

FOLLOW-UP & HOMEWORK

Ask students to identify an injustice they see in their local community, and one excellent way to resolve it.

SUPPLEMENTS

Supplement 1: Show the [Band of boys rally around boy, 6, to stop teasing, WCVB Channel 5 Boston](#) video.

Supplemental Activity:

- Use the [Kindness suits them, Daily Mail Online](#) article for additional context.

Ask:

- How does this story help us understand justice?
- Did the football team make an excellent choice? Why or why not?

Explain: The football team for which first-grader Danny Keefe is a water boy recognized a disrespect of Danny's dignity, and they recognized this disrespect together. Their support of each other in their choice to stand up for Danny by coming to school dressed like him helped reflect that, despite his speech impediment, Danny is as human and has the same human dignity as the rest of them. They made an excellent choice together, to act in friendship and justice.



Name: _____

MY FRIEND PROFILE

Directions: Choose someone whom you consider a good friend, draw their picture in the box, and answer the questions about them below.

FRIEND:

List three things you like about your friend.

List one excellent action you can take with your friend.

A GOOD FRIEND SHOULD LIVE IN A BIG HOUSE.

A GOOD FRIEND SHOULD BE A GOOD LISTENER.

A GOOD FRIEND SHOULD BE KIND.

A GOOD FRIEND SHOULD BUY A FANCY BIRTHDAY PRESENT.

A GOOD FRIEND SHOULD ONLY TALK AND PLAY WITH ME.

A GOOD FRIEND SHOULD BE HONEST.

A GOOD FRIEND SHOULD HAVE LOTS OF TOYS AND GAMES.

A GOOD FRIEND SHOULD WEAR NICE CLOTHES.

A GOOD FRIEND SHOULD ALWAYS AGREE WITH WHAT I SAY.

A GOOD FRIEND SHOULD ALWAYS SHARE THEIR LUNCH WITH ME.

A GOOD FRIEND SHOULD BE TRUSTWORTHY.

A GOOD FRIEND SHOULD HAVE OTHER FRIENDS.

A GOOD FRIEND SHOULD BE LOYAL.

A GOOD FRIEND SHOULD CARE ABOUT OTHER PEOPLE.

A GOOD FRIEND SHOULD HAVE LOTS OF MONEY.

A GOOD FRIEND SHOULD BE FORGIVING.

A GOOD FRIEND SHOULD NEVER TELL ME THAT I'M WRONG.

A GOOD FRIEND WILL TRY TO HELP YOU SOLVE PROBLEMS.

A GOOD FRIEND WILL SAY, "I LOVE YOU."

A GOOD FRIEND WILL WANT YOU TO BE A HERO.



Human
Dignity
Curriculum

BEST FRIEND WALK

		
		
		
		

