

# Becoming Courageous

Notice: Lesson 5

## The Group

### Objective:

1. To think about groups, such as friendships and working groups
2. To teach skills of friendship and group functioning

### Rationale:

1. Many students have not yet learned the skills of being in a group situation, whether that be with friends or colleagues.
2. When the necessary skills are learned, students can have meaningful friendships and also function better within a classroom.

### Alignment to the British Columbia Core Competencies:

**Social Responsibility;** Building Relationships;

1. With some support, I can be part of a group,
2. I am kind to others.

### Supporting Literature:

1. **Frientimacy:** [The 3 R's of all Healthy Friendships](#) (TedX Talk by Shasta Nelson)
2. [How Can Groups Make Good Decisions](#) (Ted Talk Mariano Sigman and Dan Ariely)

### Materials and Resources:

1. Courage Journals. I use exercise books, but you can use any type of book or journal. Courage Journals are used to reflect on the content of the day's lesson. Each child should have their own.
2. *How to Lose All Your Friends* by Nancy Carlson
3. Worksheet: How to Lose Friends; How to Gain Friends

### Lesson (approx. 1 hour)

#### Introduction:

1. Introductory discussion about groups. What types of groups do you participate in? (school, family, activities, friend groups)
2. What skills can you learn to help you be a better friend, or function better in a group?

# Becoming Courageous

## Main Activity:

1. Read the story, *How to Lose All Your Friends* by Nancy Carlson
2. Discussion about the book (have you ever observed some of these things?)
3. Discussion: if this is how you lose friends, how do you think you can gain friends?
4. Activity: Worksheet *Losing Friends, Gaining Friends*

## Reflective Activity:

Courage Journals. Pick one of the friendship skills from the worksheet. Choose the one that you would like to improve upon. Reflect on how you can improve at that skill.

## Extensions:

**Drama Activity:** form small groups, and have the students act out the scenes that they worked on in their worksheets. After they have practiced this, you can have a guessing game type activity. Prepare a bunch of situations that students find themselves in, and write them on pieces of paper. Give the group that situation to act out. When they are finished, the group can decide whether the way the group acted would gain them friends or lose them friends. If you choose situations that are age appropriate, this can be a powerful learning tool about how to treat others.

**Creative Activity:** Friendship Bracelets! Click on the “creative activity” button to link to an easy-to-follow [tutorial](#). The tutorial can be projected onto a smart board as a reference for the students.

Materials:

- Embroidery Cotton
- Masking Tape

## Story Books:

*The Invisible Boy* by Trudy Ludwig. Big Question: Have you ever felt invisible?

*Stick and Stone* by Beth Ferry. Big Question: What makes a good friend?

*Hiding Heidi* by Fiona Woodcock. Big Question: Who should be in charge of the group?

## Becoming Courageous

Example	<b>If you want to lose friends</b>	<b>If you want to gain friends</b>
Smiling		
Sharing		
Being a Bully		
Good Sport/ Poor Sport		
Tattling		
Whining		