

Friendship Recipe

Grade Three & Four



Encourage students to reflect on the qualities of a good friend and how they can be a better friend to others.



Learning Intentions

I can identify the qualities that make a good friend:

Students will reflect on the characteristics that are important in a friendship, such as kindness, trust, and communication.

I can express how to be a good friend in my own life:

Students will develop an understanding of what it means to be a good friend and how they can apply these qualities in their own relationships.

I can think about how to practice kindness and friendship every day:

Students will explore how to actively practice the qualities of friendship in their everyday interactions with others.



Success Criteria

I can list the qualities I value in a friend:

Students will identify important traits that contribute to a good friendship, such as trust, honesty, and support.

I can write a creative "recipe" that includes the qualities of a good friend:

Students will create a fun and thoughtful recipe, using ingredients (qualities) and directions to describe how to be a great friend.

I can reflect on how I can practice these qualities every day:

Students will think about small actions they can take each day to be a better friend and contribute to positive relationships.



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Objective:

Encourage students to reflect on the qualities of a good friend and how they can be a better friend to others.

Materials Needed:

- Paper or journal for writing.
- Pen or pencil.

Setup:

- Provide students with a worksheet or blank sheet of paper.
- Explain the concept of a "recipe" (ingredients and directions) and how it can be used to creatively express the qualities of a good friend. A good class discussion or brainstorm is a great idea to start this activity.

Instructions:

1. Write the Ingredients for a Great Friend:

Start by thinking about what makes a good friend. What qualities do they have? Some examples might include kindness, honesty, patience, and humour. Write down a list of ingredients that make a great friend. These could be qualities or actions that you think are important in a friendship.

2. Write the Directions for Being a Great Friend:

Now that you've got your ingredients, think about the steps for how to practice being a great friend. What can you do every day to show kindness and support? For example, "Be a good listener," "Share your time," or "Make others laugh." Write these directions down, just like you would in a recipe!

3. Answer the Reflection Prompt:

After you've written your recipe, take a moment to reflect on what qualities you value most in a friend. Think about how you can practice being a great friend every day. For example, do you need to listen more closely or spend more time with friends? Write down your thoughts on how to be a better friend in your daily life.

Reflection Prompt:

- What qualities do you value most in a friend?
- How can you practice being a great friend every day?



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Closing the Activity:

- Once students have completed their Friendship Recipes, ask them to share their recipes with a partner or small group, if they feel comfortable.
- Encourage students to reflect on how they can apply these qualities in their own friendships and support one another in practicing them.
- It will be an interesting debrief to notice and discuss the difference between the boys and the girls recipes!

Variations:

- **Group Activity:** In small groups, students can combine their Friendship Recipes to create a "Group Friendship Recipe" with the top qualities they all value in friends.
- **Family Edition:** Have students share their recipes with family members and ask them what qualities they value in a good friend.
- **Teacher-Friend Connection:** Teachers can share their own Friendship Recipe with students, showing how they practice kindness and support in relationships with students and colleagues.

Additional Notes:

This activity is designed to help students reflect on the important qualities that contribute to a healthy and positive friendship. It encourages students to think about how they can actively practice these qualities and how they can make a difference in their own friendships. By creating a recipe, students also engage in a creative and reflective process, making it a fun and meaningful exercise to promote empathy and social skills.

