



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade 2 – Violence Prevention and Healthy Relationships

Unit 5

- SOLs: 2.1.1 – Define self-image, and identify that individuals are unique**
2.2. p – Describe characteristics of a trusted friend and a trusted adult.
2.2. q – Describe how to work and play cooperatively

Title: Be A Good Friend

Objectives/ Goals:

- The student will explore the meaning of friendship.
- The students will learn about the positive effects of kindness.
- The students will be able to list the characteristics of being a good friend.
- The students will be able to understand how friends can be trusted.

Materials:

- Book *Chrysanthemum* by Kevin Henkes
- 28 Day Friendship Challenge Activity

Procedure:

Step 1	Write on the board: "To make a good friend, you need to be a good friend." Discuss what this means.
Step 2	Read the book <i>Chrysanthemum</i> . Discuss how she felt about herself in the beginning, the middle, and end of story. Discuss how friends can make us feel about ourselves. Tell students that we are all different and unique. That is what makes us special and can add new experiences to our lives.
Step 3	Make a list together with the class on the characteristics of a good friend. Make sure they include such traits as: good listener, dependable, trustworthy, help each other solve problems, and can disagree without hurting your feelings.
Step 4	What are the most important characteristics to you? Discuss
Step 5	Discuss what it means to be trustworthy and how to know if you can trust a friend or an adult.
Step 6	Introduce the 28 Day Friendship Challenge. Tell the students for the next 28 days they are going to be completing this challenge so they can learn to be a better friend. Send a note home with students prior to passing them out so the parents are informed and expecting this form.
Step 7	On the due date collect all challenges. Have a designated time for students to share their challenges. *This may be used during your morning meetings.

Assessments, References, & Sources:

- Completion of the 28 Day Friendship Challenge, Nancy Lewis 2018
- Henkes, Kenneth. *Chrysanthemum*. New York: By-the-Book Pub. 1991
- Nancy C. Lewis, 2018

28 Days to Become a Better Friend Challenge

Put a heart in each square you complete

Give a compliment to someone	Help another student out	Let a classmate go first in the water fountain line	Do something nice for your teacher	Pick up trash (even if it isn't yours)	Hold the door for someone	Offer to help clean up
Eat lunch with someone you don't usually eat with	Play with someone who needs a friend	Tell another student that they did a great job	Send a happy note to a friend	Give someone a compliment	Stick up for a friend in a sticky situation	Draw a picture for a friend
Push in someone's chair	Help someone with a job at school	Tell your principal that they are doing a great job	Share school supplies with someone that doesn't have many	Volunteer to read a book about good friends to the class	Give someone a compliment	Help out a neighbor
Help another student out	Let someone go ahead of you in line	Tell a friend how much they mean to you.	Tell the lunch lady "Thank you for making a great lunch"	Make friends with someone new	Thank your bus driver for driving you every day and keeping you safe	Give up your swing at recess

