



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade 5 – Violence Prevention and Healthy Relationships

Unit 3

SOLs:

- 5.3.j Describe ways to offer friendship and support to someone who was bullied.

Title: Fidget Spinner Friends

Objectives/ Goals:

- The student will be able to
 - identify qualities of a good friend
 - recognize character traits found in friends versus someone who is bullying
 - practice communicating positive support for others in need

Materials:

- 1 Fidget Spinner for every 3-4 students
- [Fidget Spinner Friends Slides/Presentation](#)
- [Fidget Spinner Friends Fidget Spinner Game](#)
- [Fidget Spinner Friends Create A Fidget Spinner Game](#)

Procedure:

Intro.	<ul style="list-style-type: none">● Depending on your class and their maturity level, you may want to introduce this lesson by giving the fidget spinners to groups of 3-4
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	<p>students and have them use the spinner (for fun) and brainstorm the questions “What is a friend?”</p> <ul style="list-style-type: none"> ● Whoever is holding the fidget spinner will spin it in their hand or on the desk and while it’s spinning talks and shares what a friend is. When the spinner stops moving the next student does the same.
Step 1	<ul style="list-style-type: none"> ● Slide 2 Ask the students “What qualities make a good friend?” <ul style="list-style-type: none"> ○ Make a list off to the side or have them agree or disagree with a thumbs up, thumbs down method. ● Reveal to the students the answers on the slide and discuss. <ul style="list-style-type: none"> ○ Trustworthy, honest, similar likes, fun, listens, dependable, loyal, supportive
Step 2	<ul style="list-style-type: none"> ● Slide 3 Ask the students “What qualities make someone a bully?” ● Similar to the qualities of a friend ask the students to make a list of answers. ● Reveal to the students the answers on the slide and discuss. <ul style="list-style-type: none"> ○ Breaks rules, angry, violent, controlling, ignores, lacks empathy, rude, impulsive ○ Share specific examples that are relevant of some of the qualities to help them understand
Step 3	<ul style="list-style-type: none"> ● Slide 4 This slide asks about positive support. Direct students to keep in mind you have been talking about friends and bullies. No matter how they would describe a person, what do they think “positive support” is and what does it look like? ● After revealing the answers on the slide (offer to help, don’t judge in disagreement, use encouraging words, be respectful of others feelings, listen) have the students turn and talk about this scenario: <ul style="list-style-type: none"> ○ Brad brought his brand new metallic fidget spinner to school. He set it down on his desk and got up to sharpen his pencil. Charlie, who sits next to Brad, picked it up and started spinning it. When Brad got back he was angry and yelling at Charlie to give it back. YOU also sit next to Brad and Charlie. How would you offer positive support? What would you say or do to help them solve this problem? Do you think they are friends or bullies? What makes you think that? ● After several minutes of discussion have the students share as a class

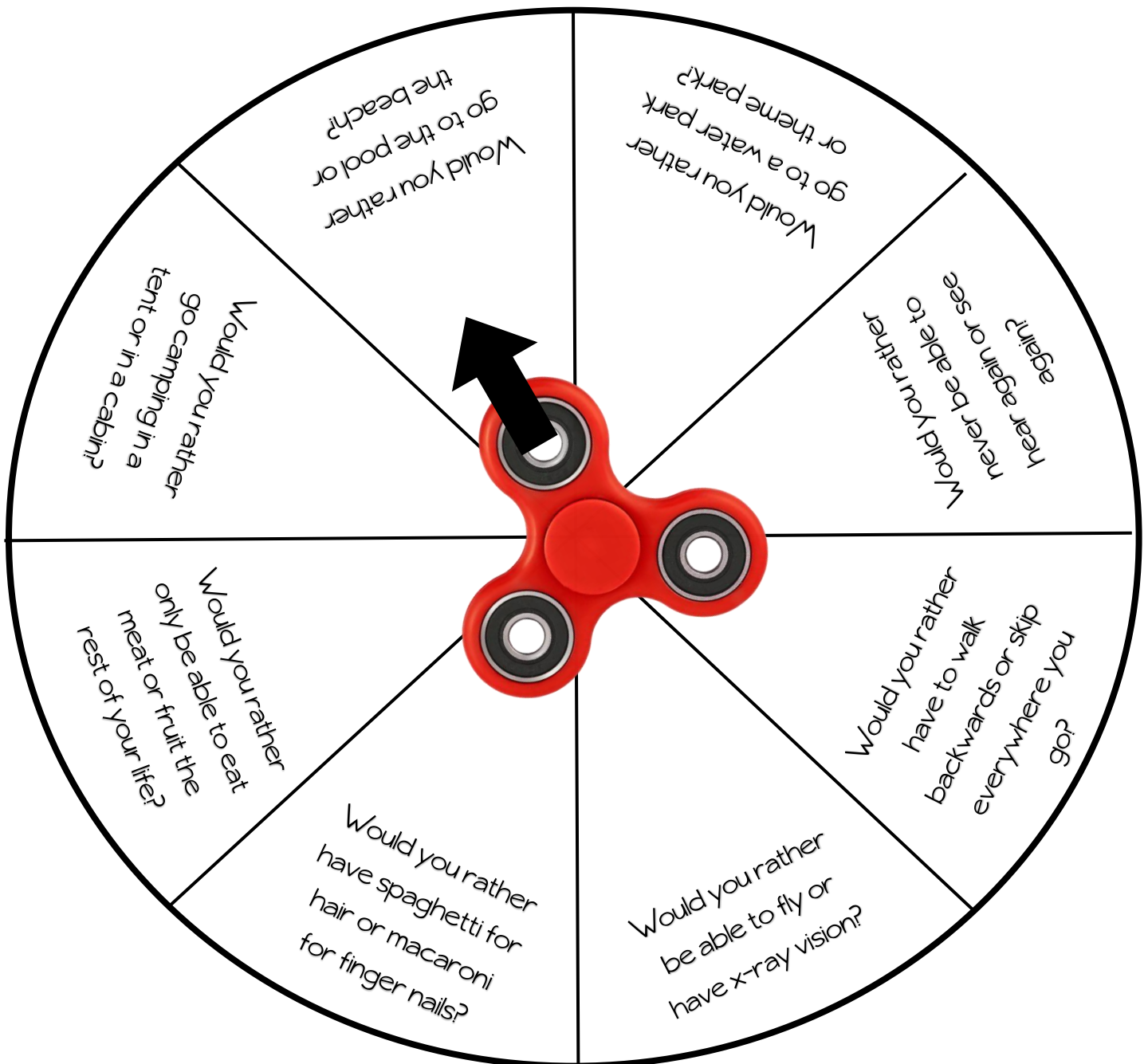
	<p>what they thought about the scenario.</p>
Step 4	<ul style="list-style-type: none"> ● Slide 5 Pass out the worksheet “Fidget Spinner Friends Fidget Spinner Game.” They only need one worksheet per 3-4 students, as well as a fidget spinner. ● Explain that in their small group they will take turns spinning the fidget spinner in the center of the circle. Whoever spins the spinner will then ask the question that the spinner end mostly lands in (if this is causing problems they could also just ask one of the three questions any of the three ends land in). ● These would you rather questions should be answered first by the spinner and then each student in the small group should provide an answer. ● Students should discuss the “why” in what they chose. ● If students land on the same question have them spin it again or ask the question to the left or right.
Step 5	<ul style="list-style-type: none"> ● After groups have answered a majority of the questions ask them “what does this activity have to do with friendship, bullies, and/or positive support?” ● If needed, direct discussion around the qualities list – that friends enjoy similar activities, listen, and are honest amongst other things. ● Slide 6 Give each student a copy of the worksheet “Create A Fidget Spinner.” <ul style="list-style-type: none"> ○ Now that they’ve spent time asking some would you rather questions, have them create their own. Express that they should be questions that they would honestly like the answer to...something they may ask a friend. An example could be “Would you rather spend time on the beach or camping in the woods?” ○ Once they’ve completed the spinner they could get back into small groups and use their newly created game to do the same thing as above.

Assessments, References, & Sources:

- Stacy Adams, Shaler Area Elementary School

FIDGET SPINNER FRIENDS

DIRECTIONS: In a small group take turns spinning the fidget spinner. Read the question the spinner end mostly lands in (or choose one of the three questions) and read it out loud. Take turns answering the 'would you rather' question and giving a reason why.



FIDGET SPINNER FRIENDS

DIRECTIONS: Create your own fidget spinner friends game by coming up with 8 'would you rather' questions.

