



## SAMPLE LESSON PLANS

# Health Smart Virginia - Sample Lesson Plan

## Grade K- Violence Prevention and Healthy Relationships

### Unit 2

#### SOLs:

- K.1.0 Describe what it means to be a friend and to show consideration and concern for others.
- K.2.P Identify why friends are important and how to cooperate and share with others.
- K.3.0 Identify strategies for making friends.

#### Title: How To Be a Friend

#### Objectives/ Goals:

- The student will describe what it means to be a friend and to show consideration and concern for others.
- The student will identify why friends are important and how to cooperate and share with others.
- The student will identify strategies for making friends.

#### Materials:

- PowerPoint: K- All About Me How To Be a Friend
- Worksheet: Friendship Bingo

**Procedure:**

Step 1	Using the Powerpoint as a guide, begin the lesson on slide 2. The teacher will introduce the topic of friendship.
Step 2	Slide 3: Allow students to share their experience with their best friend and how to be a friend.
Step 3	Slide 4: Watch the video clip on how to be a friend and discuss the questions following the video clip. Allow students to share.
Step 4	Slide 5: Read What Should I Do as a class. Allow students to share their responses.
Step 5	Slide 6: Read What Should I Do as a class. Allow students to share their responses.
Step 6	Slide 7: Read What Should I Do as a class. Allow students to share their responses.
Step 7	Slide 8: Discuss the importance of sharing and watch the video clip.
Step 8	Slide 9: Discuss the importance of making new friends. Watch the video clip and discuss strategies for making friends.
Step 9	Slide 10: Discuss the importance of having friends.
Step 10	Pass out the worksheet: Friendship Bingo. Review the instructions and bingo options in the boxes. Encourage students to ask an adult (or review as a class each day) to review the options in the boxes with them (for struggling readers) as they complete the assignment over the next couple of days.
Step 11	Slide 11: End class with a classroom energizer.

**Assessments, References & Sources: Mary McCarley, 2018**

# Friendship Bingo

**Directions:** It is important to be a good friend and practice making new friends. You are going to practice being a good friend and making new friends in this bingo game. Your goal is to make a bingo. To make a bingo, you must complete an entire row, column, or diagonal line. Once you complete the task on the bingo board, color the square in. While you can stop playing once you have made a bingo, I challenge you to complete all the tasks on the bingo board.

Say <b>“Hi”</b> to someone	<b>Share</b> with someone	<b>Help</b> someone
<b>Play</b> with someone new	<b>Smile</b> at someone	Give someone a <b>compliment</b>
Tell someone <b>“Great job”</b>	<b>Do something nice</b> for someone	<b>Invite</b> someone to join you