

Our Friendships

Activity: Friendship Bracelets



Building or rebuilding connections is an essential part of recovery, particularly when relationships have been affected by physical distancing measures and the extended period away from school. Across our work, children describe the important role teachers can play in helping children learn how to make friends and to be a good friend. This activity is designed to help children reflect on the importance of friendship, caring, sharing, fairness and love.

Links to Curriculum for Excellence Experiences and Outcomes

- I know that friendship, caring, sharing, fairness, equality and love are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others. *HWB 2-05a / HWB 3-05a*
- I understand that people can feel alone and can be misunderstood and left out by others. I am learning how to give appropriate support. *HWB 2-08a / HWB 3-08a*
- I value the opportunities I am given to make friends and be part of a group in a range of situations. *HWB 2-14a / HWB 3-14a*

Learning Intentions

- Learners discuss the meaning and importance of friendships.
- Learners discuss positive ways for making a child feel included.

Duration

30 minutes

What You Need

- A variety of different coloured yarns or wool cut into 20cm lengths
- Card heart shapes (approximately A7 size) one per child
- Hole punch (to create a hole in each heart)
- Scissors

Activity

To begin, invite the children to form small groups of 4-5 children to discuss the following questions:

- Did you keep in touch with friends during lockdown? How? Did you start to play together again eventually? Did you keep in touch online?
- Did you miss friends? Some children have said that they felt quite lonely during the lockdown – did you feel lonely at all?
- Have you been a worried about meeting other children again or meeting your old friends again? Why is that?

Next, explain that you would like the children to think about the kind of friend they would like to be, especially when some children might be a wee bit worried or unsure about meeting other children again. Ask the question: What can children do or say to be a friend to other children, especially children who might be lonely?

Encourage the children to share their ideas with the wider group if they wish.

Next, begin the friendship bracelet activity. Each child should start by selecting three pieces of yarn or wool – ideally different colours. Demonstrate making a friendship bracelet to the children by knotting three pieces of wool or yarn together at one end and then plaiting the wool before tying it off with a knot at the other end.

Hand out the love heart shapes and ask the children to write their friendship qualities (what they might say, do or be like) onto the love heart and decorate it (see image). Once complete, use an extra piece of wool to secure the heart to the middle of the friendship bracelet. Cut off any extra loose pieces of wool.

In a circle, ask each child to share their message about the friend they can be and explain why it is important to them. Children can wear their bracelets or even give their love heart messages to other children to hang on their bracelets.

