Group at a glance

Eight weekly sessions that build on each other

Week	Session	Goal	Date planned
1	**Welcome to the circle**	Students meet the group, build agreements together and name what they want from a good friend.	
2	**Friend or frenemy**	Students tell the difference between healthy and unhealthy friendship behaviors and notice how each one feels.	
3	**Kinds of mean**	Students learn the different forms unkind behavior can take, including the quiet kind that hurts relationships, and why it matters.	
4	**Big feelings, cool choices**	Students identify the feelings that come up in friendship problems and practice calming down before they respond.	
5	**What did she mean?**	Students practice slowing down to think of more than one reason for what someone did before deciding how to respond.	
6	**Speak up with I statements**	Students learn the difference between passive, aggressive and assertive responses and practice using I statements.	
7	**Upstander power**	Students learn simple, safe ways to help when someone else is being left out or treated unkindly.	
8	**Fixing it and celebrate**	Students practice repairing friendships, learn when it is okay to let a friendship change, reflect on their growth and celebrate.	

Group members

Day, time and place

Session flow

Opener 5 min, teach 10 min, practice 15 min, wrap up 5 min.

Check in

Start each session with a quick feelings check and the take home challenge.

Praise specifically

Name what you saw: You used a calm, clear voice for your I statement.

Session 1: Welcome to the circle

Lesson plan for the group leader

Goal

Students meet the group, build agreements together and name what they want from a good friend.

Materials

Group agreements page, pre group check, a ball of yarn, sticky notes, markers

Opener 5 min	Yarn web: students sit in a circle. The first student holds the end of the yarn, shares her name and one thing she loves to do, then tosses the ball to someone else while holding on. Keep going until a web forms. Point out that every person is connected and the web only holds when everyone holds on.
Teach 10 min	Explain the group: a place to learn and practice the skills that make friendships work, and what to do when friendships get hard. Build agreements together. Teach that friendship problems are very common in grades 3 to 5, as friend groups shift and change, and that having a problem with a friend does not mean you are a bad friend. Friendship is a set of skills that anyone can learn and practice, like reading or soccer. Ask: What makes someone a good friend? Collect ideas on sticky notes and sort them into groups such as kind, fun, trustworthy and fair.
Practice 15 min	Students complete the friend recipe on their student page: the ingredients they look for in a friend and the ingredients they bring as a friend.
Wrap up 5 min	Each student shares one ingredient she brings to a friendship. Complete the pre group check and sign the agreements.
Take home	Notice one time this week when a friend showed one of the ingredients on your recipe, and tell her thank you.

What I noticed (skills, needs, who to praise)

Follow up or adjustments for next week

Name _____ Date _____

Session 1: Welcome to the circle

My friend recipe: what I look for and what I bring

Ingredients I look for in a friend

Ingredients I bring as a friend

Circle the friend ingredients that matter most to you

- [ ] Kind
- [ ] Fun to be with
- [ ] Keeps safe secrets
- [ ] Fair and takes turns
- [ ] Includes others
- [ ] Says sorry
- [ ] Good listener
- [ ] Honest
- [ ] Sticks up for me
- [ ] Lets me have other friends

Three things I love to do

A friendship skill I want to get better at

My secret ingredient: something special I bring to my friendships

Name _____ Date _____

L&T

Lotus & Tulip

Liked this free printable?

The complete, ready to print version is here:

Girls Friendship Group Curriculum: Kind Circle Small Group for Grades 3 to 5

Printable PDF, 25 pages: 8 sessions, each with a one page lesson plan and a matching student page, plus a family permission letter, group agreements and a pre and post skills check

Get it on Etsy

etsy.com/listing/4607902300 | instant digital download

See every page first: lotustulip.com/girls-friendship-group-curriculum.html

More free printables: lotustulip.com/free-tools.html

Lotus & Tulip printables. Personal and professional use with your own clients or students.