

FLEXIBLE FRIENDS

SESSION A



Friendliness is:

- * Being kind and pleasant to others; acting in a friendly manner.
- * Not being hostile to others.
- * Sharing your time and taking an interest in others.
- * Making a newcomer feel welcome.

Without friendliness:

- * People would not feel loved or welcomed by others.
- * There would be far more unhappiness in the world.

Flexibility is being open to change. You consider others' ideas and feelings and do not insist on your own way. Flexibility gives you creative new ways to get things done. You get rid of bad habits and learn new ones. Flexibility helps you to keep changing for the better.

<http://www.52virtues.com/virtues/the-52-virtues.php#flexibility> [available 03/15]

LEARNING OBJECTIVES:

To be able to understand what it means to be a flexible friend.

Script:

“As a friend, we must understand that it is not important for us to always get our own way. We have to think about other people and sometimes put the needs of our friends before our own needs. We are constantly changing as people and we should always try and learn from our experiences in life.”

Suggested Resources:

Printable *Snakes and Ladders* boards, dice and counters.

Suggested Activities:

Read the definition of flexibility to the children then put them into groups of four and hand out the *Snakes and Ladders* boards and equipment. Now, ask the children to begin playing. After five minutes, ask the children to stop and give them a new rule to follow e.g. snakes go up and ladders go down. Set the children off and again stop them after five

minutes. Change the rules again e.g. if they roll an even number, they have to go backwards. Set the children off again. After a while, draw the children back together and ask them how they felt about the changes in rules. Explain to the children that they had to be able to show flexibility to continue playing the game with the constant changes in rules. Now ask the children to play again, this time taking it in turns to create a new rule. Try playing with each one then they must decide on which one of the new rules they want to keep. See which groups manage to complete the task. Ask the children how they did this. What skills did they have to use? Explain the concept of compromise and that this is an important part of being flexible as a friend.

Plenary:

Ask the children to think about times when they might need to show flexibility in friendship. Children feed back to the class.





Character Coaching

Meaningful Praise:

I appreciate the flexibility you have shown towards your friends today. This is an important quality as a friend.

Guidance:

You may need to use some flexibility in order to play the game successfully.

Correction:

Remember that flexibility does not mean that you always have to let other people have their way – think about what you learned about compromise.

