

Friendship

Session 1

TIME

90 min.
including
break



Art of learning

THEME

3



WARM-UP: NUMBER GROUPS

This will happen:	The class follows instructions as they move. In number, groups students talk about friendship.
Materials needed:	
Preparations in advance:	
Preparations:	
The space looks like this:	Open space.

GUIDANCE:

1. The class walks around in the space. Use the whole room. Everyone walks on their own without touching anyone else. Adjust pace, gaze direction, relaxing the shoulders, keeping hands out of pockets, using friendly instructions. Focus on using the whole space, not bumping into each other, not walking in circles.
2. Then say a number, and students form a group with that number of participants, as soon as possible. (Stress the speed to get everyone to find people close to them, avoiding people from 'choosing' group members). Practice once. If necessary, countdown from 5. Stop and repeat until everyone understands.
3. When a number is called, students go into groups. The students discuss topics in their group:
 - a) **What does it mean to be a good friend?** Tell the students to discuss this as a group ensuring that everyone gets the opportunity to say something. Discuss if they agree or disagree. Repeat bullet point 2, to form a new group. In the new group they will discuss:
 - b) **What does it mean to be a bad friend?** Tell the students to discuss this as a group ensuring that everyone gets the opportunity to say something. Discuss if they agree or disagree.
4. Whole class reflection: What did they find out in their different groups?

REFLECTION: MIND READING

This will happen:	By reading each other's thoughts, sitting in twos, students reflect on what they will remember most from today's session.
Materials needed:	
Preparations in advance:	
Preparations:	
The space looks like this:	Open space.

GUIDANCE:

1. Students continue to work in the same pair as in the main activity.
2. Pairs should find a place in the room where they want to sit and where there is plenty of space. Do not spend too much time on this and help anyone who finds this difficult.
3. Invite students to sit face to face in a comfortable position. Then ask them to reach out toward each other and to grasp each other's hands or arms.
4. Ask if everyone is okay. If everyone is okay, tell them to close their eyes.
5. Tell them that they should now start practicing transferring their thoughts to each other. It's not easy and it can take a long time to get it right. It can help to lean their heads against each other.
6. Let's start. One person in each pair starts by thinking about what they remember most from today's session. Tell them it's important that they keep thinking about that one thing and think as hard as they can. Tell them to try to push the thought they have out of their head into the head of their partner. When the 'thinker' is done, they carefully squeeze their partner's hand or arm. Then it's the other person's turn.
7. Ask them to discuss what they thought their partner was thinking. Was it right or wrong? Either way, it was very good work and they are getting closer to being able to read each other's thoughts. If it was wrong, they just have to keep practicing. Maybe someone is so good at transferring their thoughts that they can influence others in the class. This reflection is a fun way of exploring the concept of mind reading.

NOTES

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MAIN ACTIVITY: SLIDE SHOW – FRIENDS FALLING OUT

This will happen:	A story of friendship is read aloud to the class. Then students make three frozen images about friendship, using their bodies, which they rehearse as a slide show and then show to the class.
Materials needed:	The Book 'Lena and Anne-Marthe' by Ida Jackson
Preparations in advance:	
Preparations:	
The space looks like this:	Open space.

GUIDANCE:

1. Read aloud from the book 'Lena and Ane Marthe', a story about two friends who fall out, from the start to page 24 (or to a mark in the English/Hungarian text). Invite students to imagine what is happening.
2. Divide the class into pairs.
3. In the pairs: Make a statue, a freeze image, of two people who are good friends. Possible follow-up questions: What should the friends do? How are they feeling inside? Can they show the feeling they have inside of them in any way? Once they've made up their minds, freeze. Show an adult the frozen image. Remember the image.
4. Then continuing in their pair: Create a new statue freeze frame where the same children have fallen out. Follow-up questions: How can they notice that someone has fallen out with a friend? What are they doing? How are they standing? How are they feeling inside? Can they show the feeling they have inside of them in any way? Show an adult the image. Remember the picture.
5. Then, in pairs: What happened between the friendship and the other image? Why did the friends fall out? Create a picture that shows how they fell out. Show an adult the frozen image. Remember the picture.
6. Invite each pair to practice moving from frame to frame: first the friendship freeze frame, then how they fell out, and finally the last freeze frame where they have fallen out. They first practice in their pairs, then the whole group simultaneously, each pair changes their image when the adult claps their hands together. Give each pair time to finish and when everyone is ready, go on to the next step.
7. Prepare for the 'presentation'. Everyone sits together with a performance area set up. Refer to the focus of Theme 1 about how to be a good audience for each other: What does it take to be good audiences for each other?
Rules for the audience: The adult is the only person who can comment on what is being done on stage, no one else.
8. Rehearse with the audience: When they hear a clap (from the adult) everyone should close their eyes. When they hear a clap again, open their eyes. Try. Once everyone understands, the performance can begin.
9. Performance: One pair at a time shows their slideshow as follows: Clap (everyone closes their eyes). The pair gets ready for image 1: Friendship. Clap. Everyone opens their eyes and looks for about 3 seconds. Clap (everyone closes their eyes). The pair gets ready for image 2: The friends are falling out. Clap – everyone opens their eyes and looks for about 3 seconds. Clap (everyone closes their eyes). The pair gets ready for image 3: Enemies. Clap – everyone opens their eyes for about 3 seconds.
10. Move straight to the next pair. Repeat until everyone has shown.
11. Everyone sits in a circle on the floor. The adult gives a short, positive and clear comment on something the pairs have achieved well. Reflection question: What was it like to show their work to others? How did they notice that the different pairs were friends? Enemies? How did they fall out? Finish with a positive question pointing to the next session: If they have fallen out – how can they become friends again? In the next session they will find solutions to that together.

NOTES