

TEACHING FRIENDOLOGY >>> FOR YEAR ONE

Follow this annual plan to shine the light on friendship skills all year long!

TERM 1

FRIENDOLOGY: CORE CONCEPTS

Each session introduces a **core concept**, revisited and strengthened across the year.

This creates a framework and shared language to support a whole-school friendship strategy.

TERM ONE

S:01

INNER-NINJA

S:02

TRUE COLOURS

S:03

MAKING FRIENDS

S:04

FRIENDSHIP FACTS

S:05

FRIEND-O-METER

S:06

FRIENDSHIP FIRES®

S:07

TRICKY SITUATIONS

S:08

KIND + STRONG

TERMS 2-4 WEEKLY FRIENDSHIP LESSONS

With a focus on **Skills Development**, lessons are anchored in **core concepts** to deepen understanding, confidence, and real-world application.

TERM TWO

S:01

Your BFF is YOU

Activity: You Are Your Own BFF

S:02

How Are You Feeling?

Activity: How Are You Feeling Today?

S:03

Magnet Moves

Activity: Be a Friendship Magnet

S:04

All Friends Are Special

Activity: FF#2: Every Friendship is Different

S:05

Friend-o-Meter Feelings

Activity: Your Own Friend-o-Meter

S:06

Fill-in the Friend-o-Cycle

Activity: Can You Fill-in the Friend-o-Cycle?

S:07

Friends Have Fun

Activity: Friendship Theme Park

S:08

Be Brave

Activity: Kind + Strong Badge of Honour

WHOLE-SCHOOL WELLBEING THEMES:

January is Fun!

February is Self-Compassion

March is Courage

April is Empathy

May is Diversity

June is Trust

July is Gratitude

August is Respect

September is Forgiveness

October is Honesty

November is Kindness

December is Community

TERM THREE

S:01

Get to Know Yourself

Activity: How Well Do You Know Yourself?

S:02

Name Your Feelings

Activity: Give a Name to Your Feelings

S:03

The New Kid

Activity: Ninja Tricks and the New Kid

S:04

Buds & Spuds

Activity: We're All Potatoes at Heart

S:05

Friend-LEGO-Meter

Activity: A Super Fast Friend-o-Meter

S:06

Friendly or Unfriendly?

Activity: Why We Don't Whisper

S:07

Pawsitive Friendships

Activity: Eye Spy

S:08

Kind + Strong Storytime

Activity: Kind + Strong Teacher Tales

TERM FOUR

S:01

You Are Strong

Activity: Your Inner-Ninja Strengths

S:02

Tricky Feelings

Activity: Explain Your Feelings

S:03

Make Friends Fearlessly

Activity: Hey Bob! Making Friends Fearlessly

S:04

Trust & Respect

Activity: FF#3: Trust & Respect

S:05

Feel-Good Friendships

Activity: Celebrate Feel-Good Friendships

S:06

Learn the Lingo

Activity: Lingo Check

S:07

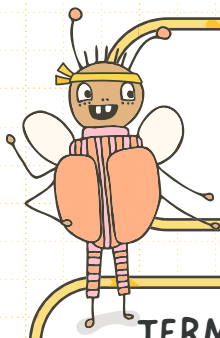
Look for the Good

Activity: What Makes You Feel Grateful?

S:08

Kindness Superhero

Activity: When You Show Someone Kindness



TEACHING FRIENDOLOGY >>> FOR YEARS ONE

Build your own annual plan to suit your teaching style and students' needs!

TERM ONE

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S:05

S:06

S:07

S:08

TERM THREE

BUILT YOUR OWN LESSON PLANS? TELL US MORE!

Your annual plan should be a living, breathing document that reflects your students' social-emotional development and needs.

So what works for your students?

Once you've filled out this interactive form, email it to us and tell us why this format works for you!

S:01

S:02

S:03

S:04

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S:07

S:08

TERM FOUR

S:01

S:02

S:03

S:04

S:05

S:06

S:07

S:08