



# TEACHING FRIENDOLOGY >>> FOR YEAR TWO

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.

- |                                     |                                      |
|-------------------------------------|--------------------------------------|
| <b>S:01</b> <u>INNER-NINJA</u>      | <b>S:05</b> <u>FRIEND-O-METER</u>    |
| <b>S:02</b> <u>TRUE COLOURS</u>     | <b>S:06</b> <u>FRIENDSHIP FIRES®</u> |
| <b>S:03</b> <u>MAKING FRIENDS</u>   | <b>S:07</b> <u>TRICKY SITUATIONS</u> |
| <b>S:04</b> <u>FRIENDSHIP FACTS</u> | <b>S:08</b> <u>KIND + STRONG</u>     |

TERM ONE

## 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.

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|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| <b>S:01</b> <u>Bestie for Life</u><br>Activity: <i>Be Your Own Bestie</i>                         | <b>S:05</b> <u>Give &amp; Get Respect</u><br>Activity: <i>Give &amp; Get a Little Respect</i>           |
| <b>S:02</b> <u>Feelings Are Friends</u><br>Activity: <i>How Are You Feeling Today?</i>            | <b>S:06</b> <u>Let's Talk-it-Out</u><br>Activity: <i>Get to Know Your Friend-o-Cycle</i>                |
| <b>S:03</b> <u>Make Friends with Courage</u><br>Activity: <i>Courage Comes If You're Prepared</i> | <b>S:07</b> <u>How Does Your Friend Feel?</u><br>Activity: <i>Step Into Your Friend's Shoes</i>         |
| <b>S:04</b> <u>Nobody is Perfect</u><br>Activity: <i>FF#1: No Friendship is Perfect</i>           | <b>S:08</b> <u>Choose Kind-on-Purpose</u><br>Activity: <i>Serious Business of Being Kind-on-Purpose</i> |

TERM TWO

## 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

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| <b>S:01</b> <u>Friendship Superpower</u><br>Activity: <i>What Does Your Inner-Ninja Look Like?</i> | <b>S:05</b> <u>Lunch Box Scavenger Hunt</u><br>Activity: <i>Respect and Lunch Boxes</i>          |
| <b>S:02</b> <u>Faces Tell Feelings</u><br>Activity: <i>Positive and Negative Emotions</i>          | <b>S:06</b> <u>Laugh With (Not At) Friends</u><br>Activity: <i>Put Out This Friendship Fire®</i> |
| <b>S:03</b> <u>Find the Common</u><br>Activity: <i>Ask &amp; Pass Venn Diagram</i>                 | <b>S:07</b> <u>Feel-Good Classroom</u><br>Activity: <i>Feel-Good Friendships Wordsearch</i>      |
| <b>S:04</b> <u>Friends are Unique</u><br>Activity: <i>FF#2: Every Friendship is Different</i>      | <b>S:08</b> <u>Your Heroes</u><br>Activity: <i>Who is Your Kind + Strong Superhero?</i>          |

TERM THREE

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|-------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| <b>S:01</b> <u>Don't Worry, Be Happy</u><br>Activity: <i>What Makes You Feel Like Yourself?</i> | <b>S:05</b> <u>Green-Zone in Action</u><br>Activity: <i>Green-Zone Friends</i>                 |
| <b>S:02</b> <u>Calm Your Ninja</u><br>Activity: <i>Rainbow Breathing</i>                        | <b>S:06</b> <u>Up &amp; Down Friendships</u><br>Activity: <i>Friendship is a Rollercoaster</i> |
| <b>S:03</b> <u>Ask a Friend to Play</u><br>Activity: <i>Ask a Friend to Play - Comic Strip</i>  | <b>S:07</b> <u>Types of Friends</u><br>Activity: <i>Marble Jar Friend</i>                      |
| <b>S:04</b> <u>Magic Ingredients</u><br>Activity: <i>FF#3: Trust &amp; Respect</i>              | <b>S:08</b> <u>Kindness Bingo</u><br>Activity: <i>Get Strong with Kindness Bingo</i>           |

TERM FOUR



# TEACHING FRIENDOLOGY >>> FOR YEAR TWO

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

TERM ONE

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TERM TWO

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| S:03 | ..... | S:07 | ..... |
| S:04 | ..... | 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!

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|------|-------|------|-------|
| S:01 | ..... | S:05 | ..... |
| S:02 | ..... | S:06 | ..... |
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TERM FOUR

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|------|-------|------|-------|
| S:01 | ..... | S:05 | ..... |
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| S:04 | ..... | S:08 | ..... |