



TEACHING FRIENDOLOGY >>> FOR YEAR FOUR

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

TERM ONE

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.

- S:01 **INNER-NINJA**
- S:02 **MAKING FRIENDS**
- S:03 **FRIENDSHIP FACTS**
- S:04 **FRIEND-O-METER**
- S:05 **FRIENDSHIP FIRES®**
- S:06 **MEAN-ON-PURPOSE**
- S:07 **TRICKY SITUATIONS**
- S:08 **KIND + STRONG**

TERM TWO

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.

- S:01 **The Real You**
Activity: *What Makes You Feel Like Yourself?*
- S:02 **Be an Inviter**
Activity: *How Would You Ask a New Friend to Play?*
- S:03 **Trust & Respect in Action**
Activity: *FF#3: Trust & Respect with Jay & Xavier*
- S:04 **Sweet Friendships**
Activity: *Must-Haves, Deal-Breakers & Ice Cream*
- S:05 **Stand Up for Yourself**
Activity: *Get to Know Your Friend-o-Cycle*
- S:06 **Conflict or Cruel?**
Activity: *Can You Spot the Difference?*
- S:07 **The Secret About Secrets**
Activity: *Secrets! Can You Crack the Code?*
- S:08 **Kindness is a Win-Win**
Activity: *Serious Business of Being Kind-on-Purpose*

TERM THREE

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**

- S:01 **Me Time**
Activity: *Me Time Bingo*
- S:02 **Courage Counts**
Activity: *It's Time to Talk about Courage*
- S:03 **Friends for a Reason**
Activity: *Every Friendship We Have is Different*
- S:04 **Friendship Forecast**
Activity: *Observe Your Friendships Over Time*
- S:05 **Seeing It Their Way**
Activity: *Discover Your Unique Perspective*
- S:06 **Like a Ninja**
Activity: *When Someone is Mean-on-Purpose*
- S:07 **Assume the Best**
Activity: *A Big Boost of Forgiveness Juice*
- S:08 **Friendship Garden**
Activity: *How Does Your Friendship Garden Grow?*

TERM FOUR

- S:01 **Best Friend Forever**
Activity: *You Are Your Own BFF*
- S:02 **Ask & Pass Cards**
Activity: *Ask & Pass, but Make it Yours*
- S:03 **Friendships Change**
Activity: *FF#4: Friendships Change And That's Okay!*
- S:04 **Yuck or Yum?**
Activity: *Respect & Ice-Cream*
- S:05 **Your Friend Feels a Fire**
Activity: *Can You Help Put Out This Friendship Fire®?*
- S:06 **When Fires Explode**
Activity: *Friendship Fire® Reflection*
- S:07 **Mixed Messages**
Activity: *Can You Read the Body Language?*
- S:08 **Friendship Toolkit**
Activity: *Surprise Pop Quiz*



TEACHING FRIENDOLOGY >>> FOR YEAR FOUR

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

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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:05

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TERM FOUR

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