

# TEACHING FRIENDOLOGY >>> FOR YEAR FIVE

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 FRIENDSHIP FACTS
- S:03 FRIEND-O-METER
- S:04 FRIENDSHIP FIRES®
- S:05 MEAN-ON-PURPOSE
- S:06 TRICKY SITUATIONS
- S:07 FRIENDSHIP GROUPS
- 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 Trust Your Gut  
Activity: Getting to Know Your Inner-Ninja
- S:02 Best Buds  
Activity: FF#3: Trust & Respect Scenarios
- S:03 Go-To Friends  
Activity: Celebrate Those Go-To Friends
- S:04 The Hardest Part  
Activity: Get to Know Your Cohort's Friend-o-Cycle
- S:05 Take the High Road  
Activity: When They Go Low, We Go High
- S:06 Friendship Styles  
Activity: Incredible Power of "No, Because"
- S:07 Horseshoes & Circles  
Activity: Fitting-In vs Belonging Quiz
- S:08 Kind is Cool  
Activity: Kind-on-Purpose Bingo

TERM THREE

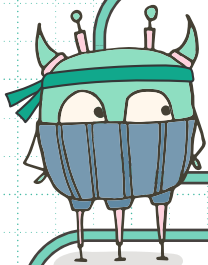
## WHOLE-SCHOOL WELLBEING THEMES:

- 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 All The Feels  
Activity: Squashing Your ANTs
- S:02 Levels of Friendship  
Activity: Foundations for Healthy Friendship
- S:03 The Iceberg Effect  
Activity: How Are Wade & Bob Feeling?
- S:04 Talk-it-Out Apology  
Activity: The Art of the Apology
- S:05 Inside Thoughts  
Activity: Can You Ever Be Too Honest?
- S:06 Be Kind Online  
Activity: Making Sure You're Kind Online
- S:07 Be a Connector  
Activity: FF#2: Every Friendship is Different
- S:08 Friendship Umbrella  
Activity: How Do You Protect Yourself?

TERM FOUR

- S:01 True to You  
Activity: How Well Do You Know Yourself?
- S:02 Diverse Strengths  
Activity: Study Buddy
- S:03 Disrespect & Deal-Breakers  
Activity: Give & Get a Little Respect
- S:04 Stormy Friendships  
Activity: FF#1: No Friendship is Perfect
- S:05 Noticing Patterns  
Activity: Observe Friendships Over Time
- S:06 Get Curious  
Activity: Use Emojis & Keep the Context
- S:07 Crews & Contracts  
Activity: Friendship Pact
- S:08 Fluent in Friendship  
Activity: Language of Friendship Crossword



# TEACHING FRIENDOLOGY >>> FOR YEAR FIVE

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

TERM ONE

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TERM TWO

## TERMS 2-4 WEEKLY FRIENDSHIP LESSONS

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- |      |       |      |       |
|------|-------|------|-------|
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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!

- |      |       |      |       |
|------|-------|------|-------|
| S:01 | ..... | S:05 | ..... |
| S:02 | ..... | S:06 | ..... |
| S:03 | ..... | S:07 | ..... |
| S:04 | ..... | S:08 | ..... |

TERM FOUR

- |      |       |      |       |
|------|-------|------|-------|
| S:01 | ..... | S:05 | ..... |
| S:02 | ..... | S:06 | ..... |
| S:03 | ..... | S:07 | ..... |
| S:04 | ..... | S:08 | ..... |