



# TEACHING FRIENDOLOGY >>> FOR YEAR SIX

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 **Highs & Lows**  
Activity: Squashing Your ANTs
- S:02 **BRAVING Friendships**  
Activity: Marble Jar Friends & BRAVING
- S:03 **Actions Speak Louder**  
Activity: Can You Read Your Friend's Expression?
- S:04 **Rude Awakening**  
Activity: New Secret Weapon: Ask & Pass
- S:05 **What You Ignore, You Allow**  
Activity: Mean-on-Purpose in the Group
- S:06 **Friendships Online**  
Activity: Keep the Context
- S:07 **Your True Crew**  
Activity: Quiz: Fitting-in vs Belonging
- S:08 **Empathy Angels**  
Activity: It Takes Courage & Strength to Be Empathetic

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 **Feel to Heal**  
Activity: In a Slump?
- S:02 **Confiding in Friends**  
Activity: Friendship & Secrets
- S:03 **Friends in Nature**  
Activity: FF#2: Every Friendship is Different
- S:04 **Own Your Mistakes**  
Activity: Perfecting the Art of the Apology
- S:05 **Spot the Difference**  
Activity: Can you Spot the Difference?
- S:06 **Art of Conversation**  
Activity: Do You Know How to Be an Includer?
- S:07 **Letting Go**  
Activity: Help These Buds Out!
- S:08 **Be a Friend-o-Leader**  
Activity: Who Would Make an Amazing Friend-o-Leader?

TERM FOUR

- S:01 **Time to Recharge**  
Activity: Breathe!
- S:02 **Tipping Point**  
Activity: FF#1: No Friendship is Perfect
- S:03 **Compromise is Respect**  
Activity: Put the Promise in Com-Promise
- S:04 **Triggers & Sensitivities**  
Activity: Flip Your Friend-o-Cycle Inwards
- S:05 **Quiet the Ego**  
Activity: Friendships on the Big Screen
- S:06 **Peer Pressure**  
Activity: Pressure & Diamonds
- S:07 **Trends & Patterns**  
Activity: Observe Your Friendships Over Time
- S:08 **LOVE**  
Activity: Surprise Pop Quiz



# TEACHING FRIENDOLOGY >>> FOR YEAR SIX

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

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