

Friendships

Teacher's notes for a small group or class activity



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Written by teachers for teachers

Friendships - Teacher's notes

The purpose of this activity is for students to learn how communication is the key to solving friendship problems.

For use with a small group:

If a group of students is having friendship problems this activity will encourage each student to take responsibility for his/her actions. It puts the focus on what **they** can do to change the situation, not on how **other** people need to change.

Let each student explain what is wrong and help them to clarify the issue.

Ask each student to write a letter, as if to an agony aunt, explaining the problem. They need to explain what has happened and also how they are feeling. (The student can do this in their own time, maybe at home.)

Having done this, and talked it through with you, ask them to write the response from the agony aunt, giving themselves advice. (The student can do this in their own time, maybe at home.)

This process helps them to see the problem in a more detached way and gives them an opportunity to take responsibility for their feelings and how they are acting.

Talk through the advice to themselves with each student.

For use with a whole class:

Ask students to think of a time when they had friendship problems and, after discussion, write the above letters.

It will empower them, helping them to see that they are not at the mercy of other people. They can take control of their own lives and find their own solutions, rather than waiting for other people to change.