Grade 2 Sample Lesson Plan:  
Unit 5 – Be A Good Friend

SOLs

- 2.1.l – Define self-image, and identify that individuals are unique
- 2.2. p – Describe characteristics of a trusted friend and a trusted adult.
- 2.2. q – Describe how to work and play cooperatively

Objectives/Goals

- The student will explore the meaning of friendship.
- The students will learn about the positive effects of kindness.
- The students will be able to list the characteristics of being a good friend.
- The students will be able to understand how friends can be trusted.

Materials

- Book Chrysanthemum by Kevin Henkes
- 28 Day Friendship Challenge Activity

Procedure

- Write on the board: “To make a good friend, you need to be a good friend.” Discuss what this means.
- Read the book Chrysanthemum. Discuss how she felt about herself in the beginning, the middle, and end of story. Discuss how friends can make us feel about ourselves. Tell students that we are all different and unique.
- That is what makes us special and can add new experiences to our lives.
- Make a list together with the class on the characteristics of a good friend. Make sure they include such traits as: good listener, dependable, trustworthy, help each other solve problems, and can disagree without hurting your feelings.
- What are the most important characteristics to you? Discuss
• Discuss what it means to be trustworthy and how to know if you can trust a friend or an adult.
• Introduce the 28 Day Friendship Challenge. Tell the students for the next 28 days they are going to be completing this challenge so they can learn to be a better friend. Send a note home with students prior to passing them out so the parents are informed and expecting this form.
• On the due date collect all challenges. Have a designated time for students to share their challenges. *This may be used during your morning meetings.

References
• Completion of the 28 Day Friendship Challenge, Nancy Lewis 2018
• Nancy C. Lewis, 2018

Handout
The next page includes a handout for the lesson. The handout is designed for print use only.
# 28 Days to Become a Better Friend Challenge

Put a heart in each square you complete

<table>
<thead>
<tr>
<th>Action</th>
<th>Action</th>
<th>Action</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Give a compliment to someone</td>
<td>Help another student out</td>
<td>Let a classmate go first in the water fountain line</td>
<td>Do something nice for your teacher</td>
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<tr>
<td>Eat lunch with someone you don’t usually eat with</td>
<td>Play with someone who needs a friend</td>
<td>Tell another student that they did a great job</td>
<td>Pick up trash (even if it isn’t yours)</td>
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<tr>
<td>Help someone with a job at school</td>
<td>Tell your principal that they are doing a great job</td>
<td>Share school supplies with someone that doesn’t have many</td>
<td>Volunteer to read a book about good friends to the class</td>
</tr>
<tr>
<td>Push in someone’s chair</td>
<td>Let someone go ahead of you in line</td>
<td>Tell a friend how much they mean to you.</td>
<td>Make friends with someone new</td>
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<tr>
<td>Help another student out</td>
<td></td>
<td>Tell the lunch lady “Thank you for making a great lunch”</td>
<td>Thank your bus driver for driving you every day and keeping you safe</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Make up for someone</td>
<td>Give up your swing at recess</td>
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