

CL-11C

Being a Good Friend

Grades 4–5

Interpersonal Effectiveness

Healthy Friendships

Students sort healthy signs and warning signs in friendships, practice disagreeing kindly, and use the Game Plan to stand up to pressure from a friend assertively.

HOOK
3 min

TEACH
5 min

PRACTICE
9 min

WRAP-UP
3 min

OPTIONAL EXTENSION
+10 min · Friendship Detectives

BIG IDEA

Healthy friendships have respect, honesty, loyalty and room for other friends.

1 I CAN

- ☐ name healthy signs and warning signs in a friendship.
- ☐ disagree with a friend kindly: "I see it differently because ____."
- ☐ stand up to pressure from a friend in a way that is assertive, not aggressive.

KEY WORDS / PALABRAS CLAVE

healthy	sano, sana
respect	respeto
loyalty	lealtad
exclusion	exclusión
pressure	presión
assertive	asertivo, asertiva

3 STANDARDS

Texas Model
5th ed., 2018

Interpersonal Effectiveness

ASCA Standards
Mindsets & Behaviors, 2021

B-SS 2 Positive, respectful and supportive relationships with students who are similar to and different from them · B-SS 9 Social maturity and behaviors appropriate to the situation and environment

Health TEKS
Gr 4 §115.16(b)(3)(D), (H)

(D) identify positive and negative characteristics of social groups · (H) explain the difference between assertive behavior and aggressive behavior

Health TEKS
Gr 5 §115.17(b)(3)(C)

explain ways of maintaining healthy relationships and resisting negative peer influence in social groups

Health TEKS
Gr 5 §115.17(b)(3)(D)

analyze how to identify perspectives and respectful ways to communicate disagreement with friends, family, teachers, and others

ELA TEKS
Gr 4 §110.6(b)(1)(A) · Gr 5 §110.7(b)(1)(A)

listen actively, ask relevant questions to clarify information, and make pertinent comments (Gr 4) / listen actively to interpret verbal and non-verbal messages, ask relevant questions, and make pertinent comments (Gr 5). Used in the extension.

Character traits
TEC §29.906(b)(2), (4)

trustworthiness, including honesty, reliability, punctuality, and loyalty · respect and courtesy

2 MATERIALS

- ☐ Projector page (p. 4) on the document camera
- ☐ Worksheet (p. 5), one per student, and pencils
- ☐ Extension: Friendship Detectives cards (p. 6), one set, and sticky notes
- ☐ Family letter (p. 7), one per student

PREP · 5 MINUTES

- Copy p. 5 and p. 7, one per student. Print p. 4 and p. 6 once; cut the cards apart.
- Look back at the Game Plan from cycle 6 (Healthy Choices) so you can connect it to pressure from a friend.

4 THE LESSON

HOOK 3 min

SAY "Today we'll talk about story characters, not real people. Use the names in the stories. Good friends are kind, fair and respectful. Camila is in fifth grade. Listen to what two of her friends say at recess."

AVA "Camila, come play four square with me and the new student!"

LUPITA "If you play with them, you're not my friend anymore."

ASK "Which friend leaves room for other friends? What is the problem with Lupita's words?" Take two answers, then say: "Lupita's words are a warning sign: pressure and exclusion, which means leaving people out. In a healthy friendship, friends are respectful, honest and loyal, and there is room for other friends."

TEACH 5 min

DO Show the projector page. Read the two panels. Say, "A friendship can have healthy signs and warning signs at the same time. A warning sign doesn't make someone a bad person. It tells us something needs to change."

SAY "Two skills keep friendships healthy. **Disagree kindly**: 'I hear you. I see it differently because ____.' **Stand up to pressure from a friend** with the Game Plan from Red Ribbon Week: say no clearly, give a reason, suggest something else, walk away. If a friend keeps pushing, or someone could get hurt, tell a trusted grown-up. Be **assertive**: calm, clear and respectful. Not **aggressive**: mean or pushy, like yelling or insults."

ASK "Which answer is assertive for Camila? A: 'Fine. I won't play with them.' B: 'You're so bossy! Go away!' C: 'I like playing with you, and I want to play four square. Come with us!'" (C. A gives in to the pressure; B is aggressive.)

PRACTICE 9 min

DO · 2 MIN Healthy sign or warning sign? Read each one. Students point left for **Healthy** or right for **Warning**, like the projector panels. Partners name the sign.

WARNING 1. Liam tells a friend, "We play my game every day, or I'm not your friend."

HEALTHY 2. Natalia and a friend disagree about a team name. Natalia says, "I see it differently because a short name is easier to cheer. Let's vote."

HEALTHY 3. Kids tease Ben's friend about a missed goal. Ben says, "Stop. He's on our team."

WARNING 4. Mateo tells a friend, "Don't sit with the new kid. You're only my friend."

Signs: 1 bossiness and pressure · 2 respect (disagreeing kindly) · 3 loyalty · 4 exclusion.

DO · 7 MIN Worksheet. Students write their name and teacher. Part 1 on their own. For Parts 2 and 3, partners talk for one minute first. If they disagree, they use the frame "I see it differently because ____." Then each student writes.

Answer key. Part 1: Healthy 1, 4, 6; Warning 2, 3, 5. Part 2: any kind disagreement, such as "I see it differently because a chart shows our facts. We could do both." Part 3: "No thanks. Coach needs it. Let's practice passing instead." It says no clearly, gives a reason and suggests something else, without insults.

WRAP-UP 3 min

SAY "Remember Camila? She used the Game Plan with Lupita: 'No thanks. I like playing with you, and I like Ava too. Let's all play four square!' That's assertive: calm, clear and respectful. It leaves room for other friends."

CHECK "Healthy sign or warning sign? Name it: a friend says, 'Go play with your soccer friends. I'll see you at lunch.'" (Healthy: room for other friends.) Give the family letters to the teacher for take-home folders.

Short on time? Use practice items 1 and 4 only, and do worksheet Part 3 together as a class discussion before students write.

5 OPTIONAL EXTENSION · 10 MINUTES

Friendship Detectives. Groups of 3 or 4 each draw one scenario card from page 6. Rule: use the names on the card, never a classmate's name.

- 1 Read the card. Decide: healthy sign or warning sign? Name the sign (3 minutes).
- 2 Plan what the character could say: a kind disagreement, a Game Plan answer, or (for a healthy sign) a kind reply. Write it on a sticky note and practice it in a calm, clear voice (4 minutes).
- 3 Each group reads its card and answer in 30 seconds. Classmates may respectfully disagree: "I see it differently because ____" (3 minutes).

Say only the strong and kind answer; nobody acts out the unkind words on a card. Groups write on sticky notes, so the cards stay clean for the next class.

6 SUPPORT EVERY LEARNER

EMERGENT BILINGUALS

Point out cognates: *respeto, lealtad, exclusión, presión, asertivo*. Partners may plan in Spanish first. Frames: "I see it differently because ____." and "No thanks. Let's ____ instead."

EXTRA SUPPORT

Read the sort items aloud and do items 1–3 with a partner. In Parts 2 and 3, students may say the answer to a partner first, then write one line.

STRETCH

Ask: "Can a friendship have healthy signs and warning signs at the same time? What could help it change?" Early finishers write a Game Plan answer for one Detectives card on a sticky note.

7 QUICK CHECK

During practice: listen for the sign names. If many partners call item 1 healthy, reread it and ask, "Who gets to choose the game?"

After class: I collect the worksheets and sort Part 3 into "assertive + reason" and "not yet." They go home through the teacher the next day.

The worksheet is about story characters, not the child, so it is fine to collect.

8 PICTURE BOOKS (OPTIONAL)

The Invisible Boy by Trudy Ludwig (Knopf, 2013). Spanish edition: *El niño invisible* (2022). Nobody seems to notice Brian until a new student, Justin, makes room for him in a class project. Good for talking about exclusion and room for other friends. Preview: kids leave Brian out and laugh at Justin's lunch; the ending is hopeful.

The lesson works without a book. Preview any book before you read it to a class.

9 KEEP IT GOING SCHOOLWIDE · CYCLE 11

MORNING ANNOUNCEMENT

EN "Good morning, Yellow Jackets! Healthy friendships have respect, honesty, loyalty and room for other friends. If you disagree with a friend today, say it kindly: 'I see it differently because...'. Random Acts of Kindness Week is February 14 to 20!"

ES "¡Buenos días, Yellow Jackets! Las amistades sanas tienen respeto, honestidad, lealtad y lugar para otros amigos. Si hoy no están de acuerdo con un amigo, díganlo con amabilidad: 'Yo lo veo diferente porque...'. ¡La Semana de Actos de Bondad es del 14 al 20 de febrero!"

HALLWAY IDEA

For Random Acts of Kindness Week (Feb. 14–20), start a paper "Yellow Jacket Friendship Chain" near the office. When a teacher spots a good-friend move, the class adds a link with its class name, such as "Room 12."

TEACHER TIP

When students disagree, coach the frame: "Try 'I see it differently because...'" Then thank them for disagreeing kindly.

If a student shares something personal: keep the lesson on the characters. "Thanks for telling me. Let's think about what Camila could do." If what the student said worries me, I follow up after the lesson using district procedures and my reporting guides (LR-01, CS-01).

What makes a friendship healthy?

In a healthy friendship, friends are respectful, honest and loyal, and there is room for other friends.

✓ Healthy signs

Respect: “Let’s try your idea.”

Honesty: “I’ll tell you the truth, kindly.”

Loyalty: “I’ll stick up for you.”

Room for other friends:
“Sure, they can play too!”

⚠ Warning signs

Bossiness: “We always do what I say.”

Exclusion: “Don’t play with them.”

Pressure: “If you were really my friend, you’d...”



Disagree kindly.

“I hear you. I see it differently because ____.”



Tell a trusted grown-up

if a friend keeps pushing, or someone could get hurt.

Game Plan · Be assertive, not aggressive.

1 🧑

Say no clearly.

2 💬

Give a reason.

3 🏀

Suggest something else.

4 🚶

Walk away.

Di que no con claridad · Da una razón · Sugiere otra cosa · Aléjate

Healthy Friendships

In a healthy friendship, friends are respectful, honest and loyal, and there is room for other friends.

Part 1 Healthy sign or warning sign? Circle HEALTHY or WARNING.

- | | | | |
|---|---|---|----------------------------------|
| 1 | Sam says, "Sure, the new student can play with us!" | ☒ HEALTHY | ☐ WARNING |
| 2 | Rodrigo always picks the game: "My way, or go away." | ☒ HEALTHY | ☐ WARNING |
| 3 | Ethan says, "If you don't cut in line with me, you're not my friend." | ☒ HEALTHY | ☐ WARNING |
| 4 | Lucía says, "I hear you, but I see the ending differently." | ☒ HEALTHY | ☐ WARNING |
| 5 | Valeria tells her group, "Nobody else can sit with us. Ever." | ☒ HEALTHY | ☐ WARNING |
| 6 | Iker tells his friend, "That joke about the new student wasn't kind." | ☒ HEALTHY | ☐ WARNING |

Part 2 Disagree kindly Help Nora.

Andrés and Nora are planning a group poster. Andrés wants big drawings. Nora wants a chart of facts. Nora says, "That's a bad idea. We're doing mine."



Rewrite Nora's words so she disagrees kindly.

I see it differently because _____

We could _____

Part 3 Stand up to pressure from a friend Help Julián.

At practice, Leonardo grins at Julián: "Let's hide Coach's whistle! You're my best friend, right?"



Check ✓ the answer that is **assertive**.

- ☐ "Um... okay, I guess."
- ☐ "No thanks. Coach needs it. Let's practice passing instead."
- ☐ "Ugh, you're so annoying! Leave me alone!"

Why is that answer assertive and not aggressive?

It is assertive because _____

Friendship Detectives

✂ Cut on the dashed lines.

1. Read your card. 2. Healthy sign or warning sign? Name it. 3. Plan what the character could say and write it on a sticky note. 4. Share in 30 seconds.

CASE #1



Ximena's friend whispers, "Don't let the new student sit with us. It's just us."

☒ Healthy?

☐ Warning?

What to say?

Game Plan?

CASE #2



Diego tells his friend, "I like your drawing. Maybe try a lighter blue for the sky?"

☒ Healthy?

☐ Warning?

What to say?

Game Plan?

CASE #3



On the bus, a fourth grader says, "Save me the window seat every day, or I won't talk to you."

☒ Healthy?

☐ Warning?

What to say?

Game Plan?

CASE #4



Maya's teammates say, "Let's skip cleanup. Coach won't notice. Come on, Maya!"

☒ Healthy?

☐ Warning?

What to say?

Game Plan?

CASE #5



Two friends disagree about who won a race at recess. They start yelling.

☒ Healthy?

☐ Warning?

What to say?

Game Plan?

CASE #6



Camila's friend made a new friend on the soccer team. Camila says, "Cool! Can I meet her?"

☒ Healthy?

☐ Warning?

What to say?

Game Plan?

CASE #7



A fifth grader always decides what the group plays and who can join.

☒ Healthy?

☐ Warning?

What to say?

Game Plan?

CASE #8



Kids laugh at Emiliano's answer. His friend says, "Good guess. I thought that too."

☒ Healthy?

☐ Warning?

What to say?

Game Plan?

Being a Good Friend

Ser buen amigo o buena amiga

Family letter · Carta para la familia · Grades 4–5 · Grados 4–5



ENGLISH

Dear Family,

This week, your child's class had a lesson about **healthy friendships** with the school counselor. Good friends are kind, fair and respectful. In a healthy friendship, friends are respectful, honest and loyal, and there is room for other friends. We also practiced disagreeing kindly and standing up to pressure from a friend.

HEALTHY SIGNS AND WARNING SIGNS

Healthy signs: respect · honesty · loyalty · room for other friends. Warning signs: bossiness · exclusion (leaving others out) · pressure ("If you were really my friend, you'd..."). To disagree kindly: "I see it differently because ____."

TRY THIS AT HOME

1. When you read a story or watch a show together, ask: "Is that a healthy friendship? What sign do you see?"
2. Practice the Game Plan with a pretend example: say no clearly, give a reason, suggest something else, walk away. Use a calm, clear voice: strong and kind.

TALK ABOUT IT AT HOME

"What can a friend say when they disagree, so it stays kind?"

Your child may bring home a worksheet about Nora, Andrés and Julián. Ask your child which answer for Julián was assertive.

You are welcome to see any counseling lesson or handout. Call the school office at **956-262-4741** and ask for me.

Mrs. Handy, School Counselor

ESPAÑOL

Estimada familia:

Esta semana, el grupo de su hijo(a) tuvo una lección sobre **las amistades sanas** con la consejera escolar. Los buenos amigos son amables, justos y respetuosos. En una amistad sana, los amigos se respetan, son honestos y leales, y hay lugar para otros amigos. También practicamos cómo expresar un desacuerdo con amabilidad y cómo resistir la presión de un amigo.

SEÑALES DE UNA AMISTAD SANA Y SEÑALES DE ALERTA

Señales de una amistad sana: respeto · honestidad · lealtad · lugar para otros amigos. Señales de alerta: ser mandón o mandona · exclusión (dejar fuera a otros) · presión ("Si de veras fueras mi amigo, harías..."). Para expresar un desacuerdo con amabilidad: "Yo lo veo diferente porque ____." (En clase usamos las frases en inglés.)

PARA PRACTICAR EN CASA

1. Cuando lean un cuento o vean un programa juntos, pregunte: "¿Es una amistad sana? ¿Qué señal ves?"
2. Practiquen el plan de juego (Game Plan) con un ejemplo inventado: decir que no con claridad, dar una razón, sugerir otra cosa y alejarse. Usen una voz tranquila y clara: firme y amable.

PARA PLATICAR EN FAMILIA

"¿Cómo puede un amigo decir que no está de acuerdo sin dejar de ser amable?"

Es posible que su hijo(a) traiga a casa una hoja de trabajo sobre Nora, Andrés y Julián. Pídale que le cuente cuál respuesta de Julián fue asertiva.

Puede ver cualquier lección o material de consejería cuando guste. Llame a la escuela al **956-262-4741** y pregunte por mí.

Sra. Handy, consejera escolar