

## FOURTH GRADE: Called to Protect™ for Young Children: Healthy Friendships

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### **Child Development:**

Fourth graders are entering pre-adolescence. Now, they are influenced by their friends' opinions and values more than in earlier grades. They may join clubs, organized sports or activities as their social lives become more active. If they can maintain healthy self-esteem, fourth graders will be better equipped to withstand negative peer pressure that sometimes arises at this time.

### **Lesson Overview:**

The focus of this program for fourth graders is behavioral boundary skills. The corresponding lessons are designed to teach the concept that some peer to peer interactions are healthy and some are not. The accompanying activities help the students learn how to build good boundaries with friends and adults.

### **Objectives for Fourth Grade Students:**

Students will:

1. Learn what makes a healthy friendship with peers.
2. Learn to identify a safe adult.
3. Learn how to respond to situations that make them feel uncomfortable.

## FOURTH GRADE: Lesson Plan A

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### **Learning Objective 1:**

Learn what makes a healthy friendship with peers.

Estimated Lesson Time: 30 minutes

### **Materials needed:**

Friend Activity Page

Crayon or markers

Pencil

Drawing Paper

### **Activity:**

Teacher:

"We all like to have friends, don't we? Why is that, do you think? Let's think about how our good friends make us feel." [Teacher hands out Friend Activity Page.]

## FOURTH GRADE: Lesson Plan A

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Name: \_\_\_\_\_

### Friend Activity Page

#### My Friend

My friend: (check Yes or No).

Yes	No	
		Makes me feel good
		Calls me bad names
		Makes me feel bad
		Makes me laugh
		Listens to me
		Tells me bad secrets
		Makes me do things I don't like to do
		Makes me do things I'm not supposed to do
		Likes to do the same things I do
		Makes fun of me
		Is someone I respect
		Writes bad things about me on the Internet

On a separate sheet of paper, draw a picture of you and your friend doing something you like to do together.



## FOURTH GRADE: Lesson Plan A

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Teacher:

"Let's go through the list of ways that your friend makes you feel." [Teacher reads the list on the activity page and asks students to raise their hands when he/she reads something they have marked with "yes."]

"Now who wants to show us their picture and tell us what you and your friend like to do together?"

"Sounds as if you have some great friends. Having good friends makes us feel good. Do you know some people who claim to be your friends but are not nice to you? You know, you don't have to do as these people say. Everybody needs good friends, but nobody needs bad friends. Those who claim to be our friends, but don't treat us right, are not good friends.

We are made in the image of Jesus, and are filled with the Holy Spirit. We deserve to be treated well. And we must also always model Jesus in how we treat others."

### **Student Assessment/Reflection:**

Teacher:

"Friends are important to us. We have fun with them. They are blessings in our lives."

"People who say they are our friends, but make us feel sad or bad are not true friends. We don't have to do what they say or do what they want us to do."

## FOURTH GRADE: Lesson Plan A

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### Closing Prayer:

Teacher:

"Let's end our lesson with the Word of God and a word of prayer."

"Here are some sayings that make good sense: When you judge, you must be fair. Giving an honest answer is a sign of true friendship. Don't accuse anyone who isn't guilty. Don't ever tell a lie or say to someone, "I'll get even with you!" [Ecclesiastes 24:23, 26&28]

"Let us pray" (*pause for silence*).

"O God, you judge with fairness  
and your heart is full of love for all your children.  
Show us how to be good to our friends  
and to help us to always be honest with them.  
We ask this through Christ our Lord. Amen!"